



YMCA TEACHING KITCHEN

LIVE VIDEO INSTRUCTION:

Warm Apple Bake with Creamy Maple topping

Presented By: Beth Taylor | Sampson Family YMCA Teaching Kitchen

Class Time: February 12, 12:00 pm

Please try to have all essential ingredients or a substitute. If you are having any trouble sourcing any ingredient or have any questions please contact Beth etaylor@ymcapqh.org

FOOD ITEM	QUANTITY	SUBSTITUTIONS/ NOTES
Warm Apple Bake with Creamy Maple topping		
Granny Smith or Gala apples	4	
No sugar added apple juice or cider	¼ cup	
Brown sugar	3 tablespoons	
Cornstarch	2 tablespoons	
Cinnamon	½ teaspoon	
Nutmeg	¼ teaspoon	
Salt	¼ teaspoon	
Fat free Greek yogurt	2 cups	
Maple Syrup	3 tablespoons	
Cinnamon	¼ teaspoon	
Non-stick cooking spray		
Crunchy topping	4 teaspoons	Toasted chopped nuts, sunflower seeds, pumpkin seeds, whatever is your favorite or what you have on hand

Prep Work

Examples: *preheat oven, soak beans, chop produce, etc*

Wash and dry apples

Preheat oven to 350°

MATERIALS LIST

SUBSTITUTIONS/ NOTES

Examples: *blender, twine, cheese cloth, oven safe pan, etc.*

Cutting board

Chef's knife

8' by 8" baking dish

9" deep dish pie pan

Small bowl

Medium bowl

Recipe Instructions

1. Spray the baking dish with non-stick cooking spray and set aside
2. Core apples and thinly slice, cut slices in half again; place in a medium bowl and toss with apple cider or juice
3. In a small bowl, mix together cinnamon, nutmeg, brown sugar, cornstarch and salt. Sprinkle over apple mixture and gently stir until the apples are coated with the dry mixture
4. Pour apples into the prepared pan and bake 45-50 minutes until the apples are browned at the edges and bubbling
5. Combine the maple syrup, yogurt and cinnamon. Divide apples between four individual serving dishes. Top with yogurt mixture and sprinkle 1 teaspoon of crunchy topping over each serving.