



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Apples

Lakota: tǵaspán



Pick it!

Look for smooth skin with bright coloring and no bruises or soft spots.

Try it!

Wash before eating. Use raw as a snack, sliced in a salad or cooked as applesauce.

Like it!



This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP.

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SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

In season:



Fall

Apples

Lakota: tháspán

Pick it!

There are about 2,500 varieties of apples with varying degrees of crispness and sweetness.

Look for smooth skin with bright coloring and no bruises or soft spots.

Keep apples in a bag in the refrigerator or in the drawer to help them last longer.

As apples ripen, they can cause other fruits and vegetables nearby to ripen, so check them often.



Try it!

Wash before eating. Use raw as a snack, sliced in a salad or cooked as applesauce. Bake into apple crisp or dried into apple chips.

Unsweetened applesauce with sweet apples: peel, core, and chop 4 apples. Simmer in a saucepan with $\frac{1}{4}$ cup water and one lemon slice for 10 minutes. Stir often. Crush when soft. Add cinnamon and nutmeg.



Types of Apples

Gala: A favorite for fresh eating, baking, salads and making applesauce. Heart shaped, yellow-orange with red striping.

Granny Smith: Great fresh, baked and sautéed. A tart taste with a bright green peel with a pink blush.

Red Delicious: Excellent fresh, sweet mild flavor, skin can be tough. Tall conical shape with bright red coloring.



Did you know...

Fiber found in skin and pulp of fruits and vegetables can prevent constipation, help maintain weight and lower risk of diabetes and heart disease.

Like it!

Hurry Up Baked Apples

Ingredients

- 2 medium-size tart apples (Granny Smith, Braeburn, Cortland, Jonathan, Fuji)
- 1 teaspoon brown sugar, packed
- ¼ teaspoon ground cinnamon
- 2 Tablespoons oatmeal
- 2 Tablespoons raisins, chopped walnuts, or other nuts
- 6 ounces low-fat vanilla yogurt

Directions

1. Cut apples in half lengthwise. Remove cores and hollow out a space 1 inch or more.
2. Arrange apple halves, cut sides facing up, in a microwavable dish.
3. Combine sugar, cinnamon, oatmeal, raisins and nuts. Fill each apple half.
4. Cover with plastic wrap. Fold back one edge ¼ inch to vent steam. Microwave 3 to 3 ½ minutes, or until apple can be cut easily.
5. Remove and let sit a few minutes. Spoon yogurt over the top.

Yields 4 servings

Nutrition Facts per Serving:
Calories 120; Fat 2g; Cholesterol 5mg; Sodium 30mg;
Carbs 26g; Fiber 3g; Sugars 20g; Protein 4g

Sources: extension.sdstate.edu/growing-together-south-dakota

Apple Slice Pancakes

Ingredients

- 1 apple (Granny Smith)
- 1 ¼ cups pancake mix (any type)
- ½ teaspoon cinnamon
- 1 large egg
- 2 teaspoons canola oil
- 1 cup low-fat milk

Directions

1. Lightly coat griddle or skillet with cooking spray and heat over medium heat.
2. Peel, core and thinly slice apples into rings.
3. In a large mixing bowl, combine ingredients for pancake batter. Stir until ingredients are evenly moist (small lumps are okay. Over mixing makes pancakes tough).
4. For each pancake, place apple ring on griddle and pour about ¼ cup batter over apple ring, starting in the center, covering the apple. Cook until bubbles appear. Flip pancake and cook other side until lightly brown.

Yields 2 servings

Nutrition Facts per Serving:
Total Calories 182; Total Fat 4g, Saturated Fat 1g;
Cholesterol N/A; Sodium 382 mg; Carbohydrates 31g,
Dietary Fiber 2g, Total Sugars 11g, Added Sugars included
3g; Protein 6g

Sources: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-slice-pancakes

**Find more recipes
and videos at
extension.sdstate.edu**



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Apple

Lakota: tháspán

- There are about 2,500 varieties of apples with varying crispness and sweetness.
- Look for smooth bright skin with no bruises or soft spots.
- Store in a bag or drawer in the fridge to help them last longer.
- As apples ripen, they can cause other produce nearby to ripen.
- Great as fresh snacks and easily packed in lunches.
- Core and slice to add to salads or chop for fruit salads.
- Simmer peeled slices with a little water to break them down and create applesauce.
- Bake or dry apples to make apple chips.

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Hurry Up Baked Apples

Ingredients

- 2 medium-size tart apples (Granny Smith, Braeburn, Cortland, Jonathan, Fuji)
- 1 teaspoon brown sugar, packed
- ¼ teaspoon ground cinnamon
- 2 Tablespoons oatmeal
- 2 Tablespoons raisins, chopped walnuts or other nuts
- 6 ounces low-fat vanilla yogurt

Directions

1. Cut apples in half lengthwise. Remove cores and hollow out a space, 1 inch or more.
2. Arrange apple halves, cut sides facing up, in a microwavable dish.
3. Combine sugar, cinnamon, oatmeal, raisins and nuts. Fill each apple half.
4. Cover with plastic wrap. Fold back one edge ¼ inch to vent steam. Microwave 3-3 ½ minutes, or until apple can be cut easily.
5. Remove and let sit a few minutes. Spoon yogurt over the top.

Yields 4 servings

Nutrition Facts per Serving:

Calories 120; Fat 2g; Cholesterol 5mg; Sodium 30mg; Carbs 26g; Fiber 3g; Sugars 20g; Protein 4g

Sources: extension.purdue.edu/foodlink/recipe.php?recipe=Hurry%20Up%20Baked%20Apples

Apple Slice Pancakes

Ingredients

- 1 apple (Granny Smith)
- 1 ¼ cups pancake mix (any type)
- ½ teaspoon cinnamon
- 1 large egg
- 2 teaspoons canola oil
- 1 cup low-fat milk

Directions

1. Lightly coat griddle or skillet with cooking spray and heat over medium heat.
2. Peel, core and thinly slice apples into rings.
3. In a large mixing bowl, combine ingredients for pancake batter. Stir until ingredients are evenly moist. (Small lumps are okay. Over mixing makes pancakes tough.)
4. For each pancake, place apple ring on griddle and pour about ¼ cup batter over apple ring, starting in the center, covering the apple. Cook until bubbles appear. Flip pancake and cook other side until lightly brown.

Yields 6 servings

Nutrition Facts per Serving:

Total Calories 182; Total Fat 4g, Saturated Fat 1g; Cholesterol N/A; Sodium 382 mg; Carbohydrates 31g, Dietary Fiber 2g, Total Sugars 11g, Added Sugars included 3g; Protein 6g

Sources: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-slice-pancakes



SOUTH DAKOTA STATE
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In season:



Fall

Apples

Lakota: tháspán

Sampling Display Instructions

Hurry Up Baked Apples Ingredients

Ingredients	24 samples	32 samples	48 samples
Samples: 2 apple slices, 1 Tablespoon topping, 1 teaspoon yogurt			
medium-sized tart apples (Granny Smith, Braeburn, Cortland, Jonathan, Fuji)	3 medium	4 medium	6 medium
white or brown sugar, packed	1 ½ teaspoons	2 teaspoons	3 teaspoons
ground cinnamon	⅓ teaspoon	½ teaspoon	¾ teaspoon
oatmeal	3 Tablespoons	¼ cup	6 Tablespoons
raisins, sweetened dried cranberries, chopped walnuts or other nuts (total combination)	3 Tablespoons	¼ cup	6 Tablespoons
low-fat vanilla yogurt	9 ounces	12 ounces	18 ounces

Directions:

1. Cut apples into slices. Remove core. Arrange in microwaveable dish.
2. Combine sugar, cinnamon, oatmeal, raisins and nuts. Spoon over apple slices.
3. Cover with plastic wrap. Fold back one edge ¼ inch to vent steam.
4. Microwave 3-3 ½ minutes. Remove to a warmed slow cooker.
5. Serve 2 apple wedges with 1 Tablespoon of topping. Spoon yogurt over top.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates or cups, plastic forks or spoons
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional): youtube.com/watch?v=Z_jNy6NtcFQ



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Place only a few samples out at a time on small plates. Ask parent's permission before children may sample.
- Prepare Hurry Up Baked Apples. Slightly undercook to keep the structure. Place in a slow cooker and transport to the store. Keep heated. Display 1 complete prepared baked apple with the oatmeal/fruit filling and yogurt topping per the recipe.
- Ask them if they use apples often in their meals. Ask them if they could use this recipe.
- Remind them that the microwave makes this a very quick dessert.

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In season:



Fall

Apples

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Sampling Display Instructions

Apple Slice Pancakes Ingredients

Ingredients	24 samples	32 samples	48 samples
Samples: ½ pancake serving			
Granny Smith apple	1 medium	2 medium	2 medium
Pancake mix	1 ¼ cups	1 ¾ cups	2 ½ cups
Cinnamon	½ teaspoon	¾ teaspoon	1 teaspoon
Egg	1	1	2
Canola oil	2 teaspoons	2 ¾ teaspoons	4 teaspoons
Low-fat milk	1 cup	1 ½ cups	2 cups

Directions:

1. Lightly coat griddle or skillet with cooking spray and heat over medium heat.
2. Peel, core and thinly slice apple into bite size pieces.
3. In a large mixing bowl, combine ingredients for pancake batter. Stir until ingredients are evenly moist. (Small lumps are okay. Overmixing makes pancakes tough.)
4. For each pancake, place apple ring on griddle and pour about 1 Tablespoon batter over apple ring, starting in the center, covering the apple.
5. Cook until bubbles appear. Turn and cook other side until lightly brown.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates or cups, plastic forks or spoons
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional): [youtube.com/watch?v=PLlIdDb7IZYqIWYg_nH3tCtQgNv0DcsstO](https://www.youtube.com/watch?v=PLlIdDb7IZYqIWYg_nH3tCtQgNv0DcsstO)



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Place only a few samples out at a time on small plates. Ask parent's permission before children may sample.
- Post Allergy Alert sign.
- Prepare Apple Slice Pancakes. Place in a slow cooker and transport to the store. Keep heated.
- Ask them if they use apples often in their meals. Ask them if they could use this recipe.

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