

Apple Crumb Pie



Pastry for 9 inch single crust pie
6 cups chopped, peeled apples (or reconstituted dried apples*)
2 Tbsp Butter, melted
2 Tbsp sour cream
4 tsp lemon juice
1/2 cup sugar
1 Tbsp flour
1/2 tsp cinnamon
1/2 tsp nutmeg

Topping:

1/2 cup flour
1/2 cup sugar
1/4 cup cold butter

*To reconstitute dried apples, pour boiling water over dried apples, both in equal amounts. Let sit a few minutes until apples are soft.

Line a 9-in. pie plate with pastry. In a bowl, combine the apples, butter, sour cream, lemon juice, sugar, flour, cinnamon and nutmeg. Spoon in to pastry shell. For topping, combine flour and sugar in a bowl. Cut in butter until mixture resembles coarse crumbs. Sprinkle over filling.

Bake at 375 for 45-50 minutes or until the filling is bubbly and the apples are tender. Cool on a wire rack.

This is a recipe I got from Taste of Home. I made it with the storage apples, and let the sisters in our cannery outing sample it. They all asked for the recipe. Since it has sour cream, I'm not sure how practical it would be in an emergency, but for rotating food storage and using up old apples, it's great.

Oatmeal Cake



1 ¼ cup boiling water - pour over - 1 cup Oats

Let stand 20 minutes

MIX: ½ cup butter softened to room temperature
1 cup brown sugar
1 cup white sugar
¼ tsp. nutmeg
1 tsp. cinnamon
2 eggs

ADD: Oatmeal mixture
1½ cup flour
1 tsp. soda
1 tsp. Vanilla

Pour cake mixture into a 9X13 cake pan

BAKE: 350 for 30-35 minutes

TOPPING: Mix Together
6 Tbsp. softened Butter
½ cup brown sugar
1 tsp. Vanilla
Small amount of Cream
½ cup chopped nuts (walnuts or pecans)
½ cup shredded coconut

Spread mixture on cake while warm and put under broiler till it bubbles.
Cake can be served warm or at room temperature.

Individual Homemade "Instant" Oatmeal



Into a sandwich size Ziploc bag put the following ingredients:

1/2 cup quick oats
3 teaspoons powdered milk
2 tablespoons raw sugar
1/4 tsp cinnamon

Once these are in the Ziploc bag shake it up to mix it together.

To make the oatmeal, pour the contents of the bag into a microwave safe bowl and add 3/4-1 cup of hot water. Stir well and cover the bowl loosely (place a paper plate over it so it doesn't make a mess)... microwave on high for one minute...stir and allow to sit for one minute so the oats can absorb the water...stir and add in any fruit....chopped dried apple or fresh, raisins, dried cranberries, fresh blueberries...or any other fruit that you like.

Experiment with different sweeteners as well...try it with 1 tablespoons brown sugar, or drizzle some maple syrup on it after it is ready to eat!

INGREDIENTS for 10 servings:

5 c. instant oats sugar	2/3 c. dried milk powder	1 1/4 c.
3 T. cinnamon	2 c. dried fruits or nuts {optional}	

Honey, maple syrup, more cinnamon, sugar, etc. {added AFTER you cook the oatmeal}

DIRECTIONS to make the MIX:

Mix all ingredients together in a bowl {you can reserve the dried fruit and nuts to put on top of your oatmeal if you want.} If making the mix in bulk, mix all ingredients together and store in an air-tight storage container.

When you're ready to eat the oatmeal, simply dump your portion {a heaping 1/2 cup} into a cereal bowl. Add 3/4-1 c. water or milk and stir until dissolved {Could use milk, but water is cheaper} Microwave on high for about one minute {depending on your microwave} Let sit for another minute and add more milk or water as needed to reach your desired consistency Add dried fruit, nuts, honey, maple syrup, cinnamon, sugar, etc to taste.

Homemade "Instant" Oatmeal

Into a sandwich size Ziploc bag put the following ingredients:

1/2 cup quick oats
3 teaspoons powdered milk
2 tablespoons raw sugar
1 tablespoon cinnamon

Once these are in the Ziploc bag shake it up to mix it together.

To make the oatmeal, pour the contents of the bag into a microwave safe bowl and add one cup of hot water. Stir well and cover the bowl loosely (place a paper plate over it so it doesn't make a mess)... microwave on high for one minute...stir and allow to sit for one minute so the oats can absorb the water...stir and add in any fruit...chopped dried apple or fresh, raisins, dried cranberries, fresh blueberries...or any other fruit that you like.

Experiment with different sweeteners as well...try it with 2 tablespoons brown sugar, or drizzle some maple syrup on it after it is ready to eat!



Easy Apple Crisp

5 cups of "Reconstituted Apples" OR 2 cans sliced apples, not apple pie filling
OR 5-7 fresh apples pared, cored and sliced.

½ cup sugar

¾ tsp. cinnamon

Spray deep dish pie pan with non-stick spray. Mix together apples, sugar and cinnamon and put in pie pan.

Topping:

Mix 1/3 c. sugar with ¾ c flour and cut in 6 Tbls. "real" butter (and maybe a handful of oats) till crumbly. Sprinkle over apples.

Bake at 400 degrees for 30 mins or till topping turns golden brown. Cool and pass the whip cream!!

~~For **Apple Crumb Pie** just put ingredients into an unbaked pie shell.

Bake at 400 degrees for 35-40 mins. If pie crust browns too quickly, cover edge with foil.

If your family likes raisins, toss a handful or two in with the apples. Yummy!!



Leftover Chocolate Chocolate Chip Oatmeal Cake

8x12 or 9x13 pan, greased Preheat your oven to 350 degrees

2 cups cooked oatmeal (OR 1 cup quick, NOT instant, oatmeal plus 1 3/4 cups boiling water)

1/3 cup melted margarine or butter

1/3 cup applesauce

3/4 cup lightly packed brown sugar

1/2 cup white sugar

1 heaping Tbsp. cocoa (unsweetened)

2 eggs

1 3/4 cup unsifted all purpose flour

1 1/2 tsp. baking soda

1/2 tsp. salt

1 cup chocolate chips

Mix the leftover oatmeal, melted margarine and applesauce until well blended. Add sugars and cocoa and stir well. Beat in the eggs. Add the flour, baking soda and salt over top of the oatmeal mixture, then blend it all together. Stir in the chocolate chips. Pour it all into the prepared 8x12 or 9x13 pan, and bake at 350 degrees for about 40 to 50 minutes. It's done when the sides start to pull away from the sides of the pan and a knife inserted near the middle comes out clean.



Leftover Oatmeal Muffins

Whisk together in a bowl:

1 c. flour (I use whole wheat flour that we grind ourselves, but any should work
1/2 c. brown sugar (Lane's calls for 1 c. but with the applesauce we add,
they don't need as much sweetness.)

1 t. baking powder

1 t. baking soda

1 t. cinnamon, 1/2 t nutmeg

Mix together in another bowl:

1/4 c. oil (I use olive oil, but any should work.)

1/4 c. applesauce (I make sure oil and applesauce equal 1/2 cup total; the ratio
doesn't have to be even, just the total of the two together. Lane's calls for 1/2 cup
oil and no applesauce, but we like the apple flavor! You can even do just 1/2 cup
applesauce and no oil)

2 eggs

1 c. leftover oatmeal

1/2 c. raisins (more or less, I don't measure, but dump according to whim.)

1 t. vanilla

Combine two bowls until just moistened. Fill 2/3's full in a greased muffin tin and
bake for 18 minutes at 350 degrees. I always double or triple the recipe.)



Leftover Oatmeal Cake with Crunchy Topping

8 tablespoons (1 stick) butter

3/4 cup brown sugar

1/2 cup sugar

2 eggs

1 teaspoon vanilla

1 1/2 cups all-purpose flour

1 teaspoon cinnamon

1/2 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1 cup cooked oatmeal

Crunchy topping:

4 tablespoons butter

1/3 cup evaporated milk

1/2 cup brown sugar

1/2 cup oats

1/2 cup unsweetened coconut flakes

1/2 cup chopped walnuts

1. Preheat oven to 350F. Grease a 9x13-inch pan or. Beat butter until fluffy. Add sugars, then eggs and vanilla, beat well. Add the dry ingredients and beat well. Stir in the cooked oatmeal.

2. Spread batter into pan. Bake about 35 minutes. Remove cake from oven. Increase heat to broiler.

3. Melt butter in saucepan. Stir in sugar and milk, stir until dissolved. Add oats, coconut and nuts, stir well. Spread over warm cake. Place under broiler and broil until browned and bubbly, about 4 minutes.



Apple-icious Oatmeal Bake Recipe

1/3 cup brown sugar

2 tablespoons butter, melted

1 large egg

2 cups 1% lowfat milk

1/2 teaspoon vanilla extract

1½ cups quick-cooking oats

1 cup chopped dried apple OR 1 medium red apple, unpeeled and cut into ¼-inch dice (about 1 cup)

1/2 cup pecans, coarsely or finely chopped (your choice)

1½ teaspoons baking powder

1/2 teaspoon salt

1/4 teaspoon ground cinnamon, plus more for sprinkling

Directions

1. Preheat the oven to 350°F. Lightly oil or coat an 8 X 8-inch baking pan or dish with nonstick cooking spray and set aside.
2. In a large bowl, whisk together the brown sugar and the butter until well combined. Whisk in the egg until creamy and then whisk in the milk and vanilla.
3. Stir in the oatmeal, apple, pecans, baking powder, salt, and cinnamon. Place the mixture evenly in the pan, sprinkle with additional cinnamon, and bake about 30 minutes, or until the top turns golden and the oatmeal is set. Scoop out and serve warm.

Homemade Granola Bars



- 2 cups quick-cooking (not instant) oats
 - 1/3 cup packed light brown sugar
 - 1/2 cup whole wheat flour
 - 1/2 cup all-purpose flour
 - 1/3 cup raisins
 - 1/3 cup dried sweetened cranberries
 - 1/2 teaspoon salt
 - 1/2 teaspoon ground cinnamon
 - 1/2 cup chopped nuts
 - 1/2 cup honey
 - 1/2 cup oil
 - 1 egg, lightly beaten
 - 1 to 2 teaspoons pure vanilla extract (to taste)
1. Preheat oven to 350 degrees. Lay a sheet of aluminum foil inside a 9 x 13-inch glass baking dish and mold it to fit the dish. Spray foil with nonstick cooking spray.
 2. Combine oats, brown sugar, wheat flour, white flour, dried fruit, salt, cinnamon, and nuts in a large mixing bowl. In another bowl, combine liquid ingredients and stir to mix well. Add liquid ingredients to dry ingredients and stir until all the dry ingredients are evenly moistened. Spoon into foil-lined baking dish and press into an even layer.
 3. Place in a 350-degree oven and bake for 25 to 30 minutes or until the edges begin to brown. Let cool in pan. When cool, carefully lift foil out and transfer baked granola sheet to a cutting board. Use a large, sharp knife to cut into rectangular bars.

To keep these granola bars at their freshest, wrap each bar individually in plastic wrap, then store a bunch in a re-sealable plastic bag in the freezer. Toss directly into a lunch box or thaw on the counter top for 15 minutes as you need them.

Makes about 20 granola bars.

Granola Bars Basic Recipe



- 2 Cup Oats
- 1 cup brown sugar
- 1 Cup whole wheat flour
- 1/2 tsp baking soda
- 1/2 tsp baking powder
- 1 tsp cinnamon
- 1 tsp salt
- 1 tsp vanilla
- 1/2 Cup honey
- Any dried fruit, nuts, seeds, chocolate chips, butterscotch chips, etc.

Mix all ingredients and press into greased pan, 11 X 13. Dough will be very dry and crumbly, but press until dough forms with pan.. Bake at 325 for 20 minutes or until edges are browned. Take out and let cool entirely. Cut into strips and store in snack size bags.

No-Knead Oatmeal Bread

Oven: 350 degrees Yields: 2 Loaves

For crunchy crust, brush oven-ready loaves with a little reserved beaten egg—

2 pkgs. Active dry yeast
1 ½ cups boiling water
1 cup quick-cooking rolled oats
½ cup light molasses
1/3 cup shortening
1 Tbls. salt
6 ¼ cups sifted flour
2 eggs, slightly beaten

Soften the yeast in ½ cup warm water (110 degrees). In large bowl, combine the next 5 ingredients; cool to lukewarm. Stir in 2 cups of flour; add eggs; beat well. Stir in softened yeast; beat well.

Add remaining flour 2 cups at a time, mixing vigorously after each addition, to make moderately stiff dough. Beat vigorously till smooth, about 10 minutes. Grease top lightly. Cover tightly; place in refrigerator at least 2 hours or overnight.

Turn out on well-floured surface; shape in 2 loaves. Place in greased 8 ½ X 4 ½ X 2 ½ inch loaf pans. Cover; let rise in warm place till double (about 2 hours). Bake @ 375 degrees for about 40 minutes. If crust browns too quickly, cover with foil for last half of baking.



BREAD MACHINE
Apple Oatmeal Bread with Raisins

1/3 c. old-fashioned rolled oats
1/3 c. reconstituted applesauce
1 tsp. salt
1 tbs. brown sugar
1/4 c. raisins
1 1/2 tsp. active dry yeast

1/2 c. water
1 3/4 c. flour
1 tbs. butter
1 tbs. nonfat dry milk
1 tsp. ground cinnamon

Put all ingredients into bread machine or follow your user's manual. Select correct bread cycle and light crust color, then press start.



Recipe for a Better Breakfast: Think Outside the Cereal Box

The following recipe is a tried-and-true formula. The basic recipe can be easily changed up by playing with the flavorings, fruit, and nuts: try dried blueberries, or dried cherries with pistachios. For a nutritional boost, you can also add in a couple tablespoons of ground flax seed (for the omega-3 fatty acids) and wheat germ (packed with vitamin E and folic acid, an essential B vitamin). It makes a great gift, and can be made in big batches if you're hosting out-of-town guests; simply set out in the morning with milk or almond milk, yogurt, fresh fruit for a simple no-cook breakfast. (Note: For health reasons, you can reduce the sweeteners here. But since everyone's taste buds are different, this recipe is printed with original proportions so you can tweak as you please.)

Apple-Almond Granola

Makes about 5 cups

- 1/2 cup honey (raw is best)
- 1/2 cup maple syrup
- 2 tablespoons butter
- 1/4 cup brown sugar
- 4 cups old-fashioned rolled oats
- 1/2 cup shredded unsweetened coconut
- 1 cup dried apples chopped/ add a little cinnamon
- 1 cup slivered almonds
- 1 teaspoon salt
- 1 teaspoon almond extract

Preheat oven to 325 degrees. In a mixing bowl, combine oats, almonds, coconut, and salt. Set aside. In a saucepan over medium heat, combine the honey, maple syrup, butter, and brown sugar. Bring to a boil, then reduce the heat and simmer for 5 minutes, stirring often. While the mixture simmers, add the almond extract. After 5 minutes, pour honey mixture over oat mixture and gently stir to combine. Lightly oil a rimmed baking sheet and spread granola evenly over it. Bake for 10 minutes, stirring occasionally, then add the dried apples/cinnamon and bake up to 10 minutes more, or until granola is fragrant and golden brown. Remove from oven and let cool on pan, stirring occasionally to keep the granola from sticking together. Keeps in an airtight container for a few days.

Basic Granola Recipe

- 8 to 10 cups rolled oats
- ½ cup canola or pecan oil
- ½ cup honey
- 4 tablespoons brown sugar
- 1 teaspoon cinnamon
- 1 cup shredded coconut
- ½ cup sesame seeds
- ½ cup sunflower seeds
- ½ cup coarsely chopped walnuts or pecans
- 1 cup raisins

Directions for Homemade Granola

1. Set oven temperature at 350 °F.
2. Combine all ingredients, except the raisins, in a large bowl and stir until all the oats are well coated.
3. Spread out evenly in 13x9 inch baking pans and place in the warm oven.
4. Set your oven timer at 15 minutes. When it rings, stir the mixture and continue stirring every fifteen minutes 45 minutes.
5. Add the raisins and bake 5 more minutes.
6. Lay waxed paper on the countertop. You will need to lay two sheets about two feet long overlapping each other sideways to make a wide 2 foot sheet.
7. Remove the browned granola from the oven and pour it onto the waxed paper to cool. Spread it out on the sheets of waxed paper.
8. When it has cooled completely lift the paper and pour the granola into a container with an airtight lid like a Tupperware cereal saver or a plastic bowl with a lid.

Serve your granola for breakfast as a cereal with milk. Sprinkle it on yogurt. Try serving it in paper cups as a nutritious snack. Add a cup to bread to give it a unique flavor and extra nutrition. Any way you choose to serve it, people will be certain to love this new treat.

(continued from basic granola recipe)

You will need a box of oatmeal. Quaker or 3-Minute Brand oats work well. **Don't use quick or instant oats.** You will also need a sweetener -- honey or brown sugar. (This can be omitted for diet needs, but should not be replaced with sugar substitutes.) Use nuts, raisins, seeds and coconut to fill out the granola and oil to flavor and combine the ingredients. Spices to add are sweet ones like ground cinnamon.

Follow directions carefully and be cautious when stirring baking granola. This granola is sweet and easy to chew. It is not full of hardened clumps. Cool and package in Ziploc bags. It makes a nice gift food since it keeps well and can easily be mailed.

Homemade Granola

3 c. rolled oats	1/2 c. sesame seeds
1 c. unsweetened coconut	1/3 c. maple syrup (can use honey)
1 c. chopped nuts	1/3 c. melted butter
1/2 c. toasted wheat germ	

Stir together oats, coconut, nuts, wheat germ and sesame seed. Stir in maple syrup and butter. Spread in 15x10x1 baking pan. Bake at 375 degrees 15 to 20 minutes, stirring once. After baked, stir in 1 cup raisins or 1 cup chopped dried fruit. Yields 7 cups.

Homemade Granola Crunch

4 c. oats	1 tsp. cinnamon
1 c. flaked coconut	1 tsp. salt
1 c. chopped pecans	1 tsp. vanilla
1/2 c. unsalted sunflower seeds	1/2 c. vegetable oil
1 c. raisins	1/2 c. water
1/2 c. wheat germ	2 tbsp. honey
1/2 c. brown sugar	1 c. chopped raisins

Preheat oven to 300 degrees. Lightly grease cake pan. Combine dry ingredients, except fruit and wet ingredients in separate bowls. Pour wet over dry and mix thoroughly. Bake for 1 hour, stirring every 15 minutes. Last 15 minutes add fruit. Cool. Store in airtight container.

Easy Homemade Granola

4 c. uncooked oatmeal (quick type)	1/4 c. sugar or Sugar substitute to equal
1 c. chopped peanuts (no skins)	1/3 c. vegetable oil
1/2 c. Grape Nuts	1/2 c. wheat germ
1/2 c. bran	1/2 c. raisins

Spread the oatmeal on a cookie sheet and heat in a 350 degree oven for 10 minutes. Combine all but the last 2 ingredients. Bake on an ungreased cookie sheet or pan for 20 minutes, stirring once to brown evenly. Allow mixture cool in the oven. Add wheat germ and raisins. Refrigerate in glass jars or plastic containers. (Granulated sugar substitute was more acceptable than liquid sugar substitute in this product.) Yield: 6 1/2 cups (26 servings). Serving size: 1/4 cup.



Apple Pumpkin Bisque

It's amazing when two ingredients intertwine so perfectly, that regardless of how hard the palate may try, it can't coax them apart. That's what happens to the applesauce and pumpkin purée in this sweet and savory soup. The pumpkin gives substance to the apple; the apple makes the pumpkin sweet and tangy. Eaten together, they become a totally new taste sensation -- and a great way to fit fruit and veggies in!

1 tablespoon unsalted butter
1 small onion, finely chopped
1 tablespoon finely chopped ginger root
1 can (15 ounces) 100% pumpkin purée
1 can (14 1/2 ounces) unsweetened applesauce (reconstituted dried apples)
2 cans (14 1/2 ounces each) chicken broth
2 tablespoons honey
1 teaspoon apple-cider vinegar
1 cinnamon stick
1 small, dried chili pepper
Pinch ground nutmeg
Salt and ground white pepper, to taste
1/2 cup sour cream or fresh cream
Preparation Time: 10 minutes Cook Time: 20 minutes Servings: 8

Melt butter over medium heat in a large, heavy saucepan. Sauté the onion and ginger until onion is tender, about 4 minutes. Add pumpkin, applesauce, chicken broth, honey, vinegar, cinnamon stick, chili pepper, nutmeg, salt and pepper, and simmer about 15 minutes until flavors are blended. Stir in sour cream just before serving.



Baked Spiced Dried Apple French Toast

There are all kinds of ways to use French toast for cooking, this recipe is more like a bread pudding, but with low-fat milk, egg whites and some raisins and dried apples, definitely a good way to use up old bread, also much lower fat is a better for you.

Ingredients:

1 ½ cups milk, 1%
1 cup egg whites
2 tbsp honey
1 tsp vanilla extract
1/8 tsp salt
½ pound whole wheat, oat or white bread
½ cup dried apples, chopped
¼ cup raisins
1 tsp cinnamon, ground
¼ tsp nutmeg
2 tsp powdered sugar

Directions:

Whisk milk, egg whites, honey, vanilla and salt in a medium bowl.

Trim crusts off 4 slices of bread and set aside. Cut the crusts and the remaining bread into 1-inch pieces. Toss with dried apples, raisins, cinnamon and nutmeg in another large bowl.

Coat a 9-by-9-inch or 7-by-10 inch baking pan with cooking spray.

Transfer the bread mixture into the pan. Lay the reserved crustless slices evenly on top, trimming to fit.

Whisk the milk mixture again, then pour evenly over the bread. Press the bread down with the back of a wooden spoon, and make sure it's evenly moist.

Cover with parchment paper, then foil paper, and refrigerate for at least 10 hours or up to 1 day.

Preheat oven to 350°F. Bake the casserole, covered, for 40 minutes. Uncover and keep baking until puffed, set and lightly browned, about 22 minutes more. Let stand for 10 minutes on a wire rack, dust with confectioners' sugar. Serve warm. 6 Servings.

Reconstituting Dried Apples

Method 1:

Place the dried apples in a saucepan and cover with an equal amount of water or apple cider. Should be enough liquid to cover the dried apples.



Bring liquid to a boil, cover, and reduce heat to a simmer. Allow to simmer for approximately 30 minutes or until apples are at the desired tenderness.



Drain and prepare as desired.



Method 2: Place dried apples in a heatproof bowl.

- Heat equal amounts of water or apple cider to a boil and pour over dried apples.
- Allow apples to stand for 1/2 to 2 hours, until they are at the desired tenderness.
- Drain and prepare as desired.

Method 3:

Cooked Dried Apples

In a large saucepan, place 1 package (6 ounce) dried apples, 2 cups water, 1 cup sugar and 1 tablespoon lemon juice. Cook 1 hour or until water is absorbed. Add 1/4 cup butter (melted), 1/2 teaspoon cinnamon and 1/2 teaspoon nutmeg. Mash until well blended. Makes 2 1/4 cups.

Prize Winning Meatloaf

1 1/2 Pounds Lean Ground Beef
1 Cup Tomato Sauce
3/4 Cup Quick Oats
1 Egg Lightly Beaten
3/4 - 1 Tablespoon Dehydrated Onion (or 1/4 C Chopped Onion)
1/2 Teaspoon Salt
1/4 Teaspoon Black Pepper
1/4 Teaspoon Garlic Salt

Heat Oven to 350 Degrees

In a large bowl, combine all ingredients; mix lightly but thoroughly
Press meatloaf mixture into 8x4-inch loaf pan.

Bake 1 hour or until meatloaf is to medium doneness (160 degrees). Let
meatloaf stand 5 minutes, drain off any juices before slicing.

Mix-in Options:

1/2 Cup frozen or canned (drained) corn

Dehydrated carrots

1/2 Cup chopped green or red pepper

