



## Happy Apple Autumn!

Autumn is apple picking time. If there are apple orchards within driving distance, take your family on an apple picking adventure. Plan a day of fresh air with a picnic lunch. Search for the perfect apple. Polish it until it shines and then bite into that ripe, crisp apple. It tastes so much better when you picked it yourself. Pick a few apples to eat or pick a bushel or more for fresh apples for lunches and snacks. Use fresh apples in your favorite recipes. Most orchards grow a variety of apples -Red Delicious, Golden Delicious, Winesap, Rome Beauty, Jonathan, Granny Smith, and Fuji to name a few. Many apple orchards have a stand with fresh apple cider, by the cup or by the gallon, and other apple treats.



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## French Toast, Pancakes, Breakfast Quesadillas, Syrups, and Waffles



### Apple and Raisin Pancake

1 large baking apple, cored and thinly sliced  
1/3 cup golden raisins  
2 tablespoons firmly packed light brown sugar  
1/2 teaspoon Watkins Cinnamon  
4 large eggs  
2/3 cup milk  
2/3 cup all-purpose flour  
2 tablespoons butter, melted  
Confectioners' sugar, optional

Preheat oven to 350 degrees F. Spray 9-inch pie plate with nonstick cooking spray.

Combine apple, raisins, brown sugar and cinnamon in medium bowl. Transfer to prepared pie plate.

Bake mixture, uncovered, until apple begins to soften, 10 to 15 minutes. Remove from oven. Increase oven temperature to 450 degrees F.

Lightly beat eggs in medium bowl. Add milk, flour, and melted butter; whisk together until well blended. Pour egg mixture over apple mixture in pie plate.

Bake until pancake is golden brown, about 15 minutes. Invert onto large serving dish. Sprinkle with confectioners' sugar, if desired. Serve with maple syrup, if desired. 6 servings.

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## **Apple Cinnamon Breakfast Quesadillas**

What could be better for breakfast than apples and cinnamon? This fantastic apple cinnamon breakfast quesadilla is quick and easy, and super delicious. Anyone who eats it will simply love it.

Nonstick cooking spray

4 (10-inch) flour whole-grain tortillas

1 cup chunky applesauce

4 ounces reduced fat cheddar cheese, grated (about 1 cup)

2 tablespoons light brown sugar

1 teaspoon Watkins Ground Cinnamon

1 tablespoon melted butter

1/2 cup light sour cream

1. Preheat oven to 400 degrees F. Coat baking sheet with cooking spray.
2. Spread applesauce over two tortillas. Top with cheese and remaining tortillas.
3. In small bowl, mix together brown sugar and cinnamon. Brush tops of quesadillas with butter and sprinkle with half of sugar-cinnamon mixture.
4. Bake for 6 to 10 minutes or until golden brown. Set aside to cool.
5. Meanwhile, stir sour cream into remaining sugar-cinnamon mixture.
6. Cut each quesadilla into quarters. Serve topped with dollops of sour cream mixture. Serves 4.

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## **Apple French Toast with Cinnamon Sauce**

4 eggs  
1 cup milk  
3 Tbsp. sugar  
1 teaspoon Watkins Vanilla Extract  
1/2 teaspoon Watkins Cinnamon  
8 slices day-old French bread, cut thick (French toast is better made with day-old bread. It will soak up the egg more than fresh bread, and it will “puff up” more when cooked.)  
3 Tbsp. melted butter

Preheat oven to 375 F. To prepare toast: whisk eggs with milk, sugar, vanilla and cinnamon. Dip bread into mixture, coating both sides, allowing bread to soak up mixture. Place bread in single layer on baking sheets brushed with butter to prevent sticking. Bake for 12 minutes, turn bread over, and bake another 12 minutes or until brown and puffy.

### **Sauce**

2 teaspoons butter  
1/2 cup brown sugar  
3/4 cup water  
1/2 teaspoon Watkins Cinnamon  
3 apples, peeled, cored, and sliced thinly

To prepare sauce: add butter and sugar to saucepan. Cook until melted. Add water, cinnamon, and apples. Cook on low heat for 8 to 10 minutes, until tender. To serve: arrange toast on plate, top with sauce.

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## **Apple Pancakes**

2 Granny Smith apples, peeled, cored, and sliced  
2 Tbsp. sugar  
1 cup milk  
4 eggs  
1 teaspoon Watkins Vanilla Extract  
1 cup flour  
1 teaspoon Watkins Baking Powder  
¼ teaspoon salt  
¼ teaspoon Watkins Nutmeg  
2 Tbsp. butter

Mix together milk, eggs, and vanilla. Add flour, baking powder, salt, and nutmeg and mix well; set aside. Heat oven to 475 degrees F. In cast iron skillet add 2 tablespoons butter; melt. Add sliced apples and fry 2 to 3 minutes. Sprinkle apples with sugar. Pour flour mixture over apples in skillet. Bake at 475 degrees F for 15 minutes. Reduce heat to 425 degrees F for 8 to 10 minutes. Sprinkle with powdered sugar. Cut in wedges. Serve with syrup or jam and crisp bacon

### **Apple Spice Syrup**

¼ cup brown sugar, packed  
2 Tbsp cornstarch  
½ teaspoon Watkins Apple Bake Seasoning  
1 ¾ cups apple juice or cider

In a saucepan, combine brown sugar, cornstarch, and apple bake seasoning; mix well. Add juice or cider. Cook and stir over medium heat until syrup is bubbly and slightly thickened. Makes 1 ¾ cups. Good on waffles, pancakes, bread pudding, plain cake or ice cream.

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### **Apple Pie French Toast**

Like a slice of warm apple pie with Cheddar cheese, this hearty breakfast pairs sweet and savory flavors with hot apples.

2 (12 1/2-ounce) packages frozen French toast, thawed and divided  
2 tablespoons cinnamon sugar, divided  
1 cup half-and-half  
1 large egg, beaten  
6 thick slices fully cooked ham  
1 cup shredded Cheddar cheese, divided  
1 (21-ounce) can apple pie filling  
Maple syrup, optional

Preheat oven to 400 degrees F. Grease a 13- x 9-inch baking dish.

Arrange 6 French toast slices in prepared baking dish. Sprinkle with 1 tablespoon cinnamon sugar. Combine half-and-half and egg in a medium bowl and mix well. Drizzle half the half-and-half mixture over the French toast slices. Top with ham slices and 3/4 cup Cheddar.

Top with remaining French toast slices. Sprinkle with remaining cinnamon sugar and drizzle with remaining half-and-half mixture.

Spread pie filling over the top. Microwave on MEDIUM-HIGH (70% power) for 7 minutes. Bake for 10 minutes. Sprinkle with remaining cheddar cheese. Bake until cheese is melted, about 3 minutes. Serve with maple syrup, if desired. 6 servings.

#### **Tip**

Use thick sliced day old bread or Texas toast in this recipe instead of frozen French toast.

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## Cinnamon Apple Waffles With Apple Cider Syrup

1 1/2 cups of all purpose flour  
2 tablespoons of sugar  
2 teaspoons of Watkins Baking Powder  
1 teaspoon of Watkins Ground Cinnamon  
1/2 teaspoon of salt  
1/4 teaspoon of Watkins Ground Cloves  
2 eggs, separated  
1 cup plus 3 tablespoons of skim milk  
3 tablespoons of vegetable oil  
1 cup of finely chopped unpeeled Jonathan or Granny Smith apple, about 1/2 lb.  
Watkins Cooking Spray  
Cider syrup

Combine first 6 ingredients in a bowl; stir well and set aside.

Beat egg whites (at room temperature) at high speed of an electric mixer until stiff peaks form; set aside.

Combine yolks, milk, and oil in large bowl; beat at medium speed of an electric mixer until well blended.

Add flour mixture, stirring just until moistened. Stir in apple.

Gently fold egg whites into flour mixture.

Coat a waffle iron with cooking spray; allow the waffle iron to preheat.

Pour 1/4 cup batter per waffle into hot waffle iron. Bake about 5 minutes or until steaming stops.

Serve with cider syrup. Yields 12 servings.

### **Cider Syrup:**

1 1/2 cups of unsweetened apple cider  
1/3 cup of firmly packed brown sugar  
10 Watkins Whole Cloves  
1 (3 inch) stick cinnamon

Combine all ingredients in a small heavy saucepan. Place over medium heat, and cook 20 minutes or until reduced to 3/4 cup. Discard cloves and cinnamon stick. Serve warm. Yields 3/4 cup.

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## Cakes, Candy, Cookies, Dips, Donuts, Muffins, Pies, Pudding



### Applesauce Spice Cake

2 cups all-purpose flour, plus more for the pan  
2 teaspoons baking soda  
1/8 teaspoon kosher salt  
1 stick unsalted butter, plus more for the pan  
1 cup granulated sugar  
1 2/3 cups jarred chunky applesauce  
2 teaspoons Watkins Ground Cinnamon  
1 teaspoon Watkins Ground Ginger  
Pinch Watkins Ground Nutmeg  
1 teaspoon Watkins Vanilla Extract  
2 large eggs  
1 cup dark or golden raisins  
2 tablespoons confectioners' sugar  
2 pints vanilla ice cream



1. Heat oven to 350 degrees F. Butter and flour a 9-inch springform or round cake pan.
2. In a small bowl, combine the flour, baking soda, and salt. In a large saucepan, over medium heat, melt the butter. Remove from heat and stir in the granulated sugar, applesauce, cinnamon, ginger, nutmeg, vanilla, and eggs. Add the flour mixture and stir just until combined. Stir in the raisins. Pour into the prepared pan.
3. Bake the cake until a tester inserted in the center comes out clean, 35 to 40 minutes. Transfer pan to a wire rack and cool slightly. Using a knife, loosen the cake from pan. Invert it onto the rack. Turn it over again onto a serving plate. Sprinkle the cake with the confectioners' sugar, slice into wedges, and serve with the ice cream.

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## **Apple Butter Muffins**

2 cups all-purpose flour  
1 cup sugar  
1 teaspoon Watkins Cinnamon  
1 teaspoon baking soda  
1/2 teaspoon Watkins Baking Powder  
3/4 cup sour cream  
2 large eggs, lightly beaten  
6 tablespoons vegetable oil  
1 cup apple butter  
1 small Rome apple, shredded



Preheat oven to 350 degrees F. Line muffin cups with paper liners.

Combine flour, sugar, cinnamon, baking soda and baking powder in a large bowl and mix well.

Combine sour cream, eggs and vegetable oil in a medium bowl and mix well. Add apple butter and apple and mix well.

Add sour cream mixture to flour mixture and stir just until moistened. Spoon batter into prepared muffin cups.

Bake until a toothpick inserted in center of muffins comes out clean, about 20 minutes. Makes 2 dozen muffins.

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Most of us have a favorite apple pie recipe - double-crust pie, lattice-top pie, French apple pie, crumb top pie, sliced apples, sliced apples and raisins. The aroma of apples and cinnamon baking in my kitchen oven is one of my favorite scents.

This recipe uses tart apples, sweet raisins, and a crumb topping to make a delicious fruit dessert. Pack the apples in tightly to minimize gaps between filling and crust once the pie is baked. The recipe calls for 8 to 10 apples. If you are using large apples you may need fewer apples.



## Apple Crumb Pie

1 1/4 cups all-purpose flour (spooned and leveled), plus more for rolling  
6 tablespoons unsalted butter, room temperature  
1/4 cup packed light-brown sugar  
3/4 teaspoon salt  
1 recipe of Favorite Pie Crust (see below), your pie crust recipe, or a purchased pie crust.  
2 tablespoons fresh lemon juice  
4 pounds Granny Smith apples (8 to 10)  
1 cup granulated sugar  
1 cup raisins  
1 teaspoon Watkins Cinnamon or Watkins Apple Bake Seasoning



1. Preheat oven to 375 degrees F.
2. Make crumb topping: In a medium bowl, combine 1 cup flour, butter, brown sugar, and 1/4 teaspoon salt. Work with fingers or pastry blender until large clumps form. Chill in refrigerator.
3. On a lightly floured piece of wax paper or parchment paper, roll dough into a 14-inch circle. Carefully fit into a 9-inch deep-dish pie plate, gently lowering dough into bottom and sides of pie plate without stretching (you will have a 2-inch overhang all around). Refrigerate.
4. Place lemon juice in a large bowl. Peel, core, and slice apples 1/8 inch thick, transferring them to the bowl as you work. Add granulated sugar, raisins, cinnamon or apple bake seasoning, remaining 1/4 cup flour, and remaining 1/2 teaspoon salt; toss to combine. Transfer apple mixture to pie crust, pressing in firmly. Fold dough overhang over filling, pleating it as you work your way around pie; press dough firmly against filling.
5. Bake 45 minutes, then sprinkle apple filling with crumb topping. Continue to bake until golden and bubbling, 30 to 45 minutes more. Cool before serving. Serve while slightly warm or at room temperature for a flavorful dessert. Serves 8.

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## **Favorite Pie Crust**

Makes 1 single crust

1 1/4 cups all-purpose flour (spooned and leveled), plus more for work surface

1/2 teaspoon salt

1/2 teaspoon sugar

1/2 cup (1 stick) unsalted butter, cold, cut into pieces

2 to 4 tablespoons ice water

1. In a large bowl, using a pastry blender, combine flour, salt, and sugar. Add butter, and cut in with pastry blender until mixture resembles coarse meal, with just a few pea-size pieces of butter remaining.
2. Sprinkle with 2 tablespoons ice water, and continue to work dough with pastry blender until crumbly but holds together when squeezed with fingers (if needed, add up to 2 tablespoons more ice water, 1 tablespoon at a time). Do not overwork.
3. Turn dough out onto a lightly floured work surface; form into a 3/4-inch-thick disk. Wrap tightly in plastic, and refrigerate until firm, at least 1 hour.

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## Apple Quesadillas

2 large Granny Smith apples, thinly sliced  
1 tablespoon cinnamon sugar (1/2 teaspoon Watkins Cinnamon mixed with 3/4 tablespoon sugar)  
1 teaspoon lemon juice  
7 tablespoons butter, divided  
6 (6-inch) flour tortillas  
Vanilla ice cream and caramel topping for serving



Combine the apples and lemon juice in a medium bowl. Toss to coat. Melt 1 tablespoon butter in a medium saucepan over medium heat. Add the apples. Cook, stirring constantly, until the apples are tender, about 5 minutes. Remove from the heat. Stir in cinnamon sugar.

Divide the apple mixture evenly among the tortillas. Fold each tortilla in half to enclose the filling.

Melt 1 tablespoon butter in a large skillet over medium heat. Add 1 filled tortilla. Cook, turning once, until golden, about 2 minutes on each side. Place on a dessert plate. Repeat with the remaining butter and filled tortillas.

Top each dessert with a scoop of ice cream, drizzle with caramel topping, and serve. 6 servings

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## Apple Pie

Pastry dough for 9-inch/25-cm pie crust (Recipe below)

3/4 to 1 cup/180 to 250 mL sugar

3 tablespoons/45 ml cornstarch

1/2 teaspoon/2.5 ml Watkins Apple Bake Seasoning

1/2 teaspoon/2.5 ml Watkins Cinnamon

Dash of salt

6 peeled, cored and thinly-sliced tart apples (I like Granny Smith apples for a pie)

1 tablespoon/15 ml butter or margarine, cut into pieces

Sugar

Place prepared pastry dough in pie plate; trim and flute edge. Combine sugar, cornstarch, Apple Bake Seasoning, Cinnamon, and salt in a large bowl. Add apples and toss to coat. Fill pastry with apple mixture. (I like the apples in my pie to be soft rather than firm so I cook the apples in a large sauce pan for 10 minutes; then stir in cornstarch/sugar mixture and seasonings before filling the pastry. Stir in a little water so the apple mixture does not stick. This will make a juicy pie.) Dot with pieces of butter.

Roll out top crust and cut slits for steam to escape while pie is baking. Arrange top crust on pie. Trim edges and flute to seal. Sprinkle top crust with sugar.

Bake at 400 degrees F/205 degrees C for 40 minutes or till done.

### For French Apple Pie with Streusel Top

Instead of placing a second crust on top of apple filling, top with the following streusel mixture.

1/2 cup/125 mL all-purpose flour

1/2 cup/125 mL brown sugar

1/4 cup/60 mL butter

Mix flour, brown sugar, and butter with a fork until crumbly. Sprinkle over apples. Bake at 400°F/205°C for 40 minutes or till done. Makes 8 servings. Serve warm with vanilla ice cream.

### Pie Crust

For one 9 or 10 inch/25 or 28 cm double crust pie

2 cups/ 500 ml flour

1 teaspoon/5 ml salt

3/4 cup/180 ml shortening ( I use Crisco)

5 to 7 tablespoons/75 to 105 ml ice water

Cut shortening into flour and salt mixture with a pastry blender or fork until pieces are the size of small peas. Sprinkle 5 to 6 tablespoons ice water over mixture and gently toss with fork to mix. Gather dough with fingers to form a ball. For a two crust pie divide dough in half.

On a lightly floured surface flatten ball and roll with rolling pin to 1/8 inch thick. Roll from center to edge using light strokes to form a circle. If edges split, pinch them together. Roll pastry over rolling pin and transfer to pie plate. Adjust and fit to bottom and sides of pie plate.

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## Apple Oatmeal Cookies

These wholesome cinnamon-sugar-crust apple-oatmeal cookies—without a gram of saturated fat—make snack time enjoyable for everybody.

1 cup old-fashioned oats  
1/2 cup chopped pecans or walnuts  
1 cup whole-wheat pastry flour  
1/2 teaspoon baking soda  
1/4 teaspoon Watkins Baking Powder  
1/4 teaspoon salt  
1/2 teaspoon Watkins Ground Cinnamon, divided  
1/8 teaspoon Watkins Ground Nutmeg  
2 large egg whites or 4 teaspoons dried egg whites, reconstituted according to package directions  
1/2 cup coarsely shredded peeled apple (about 1 small apple)  
1/2 cup packed light brown sugar  
1/4 cup apple butter  
4 tablespoons granulated sugar, divided  
2 tablespoons canola oil  
1/2 teaspoon Watkins Vanilla Extract  
1/2 cup diced dried apples

**Tip:** Look for whole-wheat pastry flour in health-food stores; it gives baked goods a light texture while adding fiber. Store in an airtight container in the freezer.

Preheat oven to 375 degrees F.

Spread oats and nuts on a baking sheet. Bake until fragrant and golden, 5 to 8 minutes; set aside. Coat 2 baking sheets with cooking spray.

Whisk flour, baking soda, baking powder, salt, 1/4 teaspoon cinnamon and nutmeg in a medium bowl. Combine egg whites, shredded apple, brown sugar, apple butter, 3 tablespoons granulated sugar, oil and vanilla in a large bowl; stir until blended. Add the dry ingredients and stir until just moistened. Stir in dried apples and reserved oats and nuts. Drop the dough by level tablespoonfuls, about 2 inches apart, onto the prepared baking sheets.

Combine the remaining 1 tablespoon granulated sugar and 1/4 teaspoon cinnamon in a small bowl. Coat the bottom of a glass with cooking spray. Dip the glass into the cinnamon sugar and flatten cookies with it, dipping the glass into the cinnamon sugar for each. Bake the cookies, one sheet at a time, until lightly browned, 10 to 12 minutes. Cool for 2 minutes on the baking sheets, then transfer to wire racks to cool completely

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## **Apple Spice Baked Donuts**

2 cups flour  
3/4 cup sugar  
1 teaspoon Watkins Baking Powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 teaspoon Watkins Cinnamon  
1/2 teaspoon Watkins Nutmeg  
2 large eggs  
3/4 cup low-fat buttermilk  
2 teaspoons Watkins Vanilla Extract  
1/2 cup applesauce  
1 tablespoon butter, melted



### **Coating**

1/4 cup sugar  
1/2 teaspoon Watkins Cinnamon

Preheat oven to 350 degrees. Spray doughnut pans with nonstick spray and set aside.

In a bowl, combine flour, sugar, baking powder, baking soda, salt, cinnamon and nutmeg.

In another bowl, combine the eggs, buttermilk, vanilla, applesauce and butter. Make a well in the center of the dry ingredients and add wet ingredients. Blend just enough to moisten everything well.

Place batter in prepared donut pans, filling two-thirds full.

Bake for 10 to 15 minutes, or until tops spring back when lightly touched.

In a small bowl, combine the remaining 1/4 cup sugar and the teaspoon of cinnamon. Place each doughnut in the sugar mixture and turn to coat with sugar. Cool on a rack. Makes 12 doughnuts

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## **Apple Spice Muffins**

2 cups all-purpose flour  
1 cup granola without raisins  
2/3 cup sugar  
3 teaspoons Watkins Baking Powder  
1 teaspoon salt  
1/2 teaspoon Watkins Ground Cinnamon  
1/4 teaspoon Watkins Ground Nutmeg  
2 eggs  
2/3 cup unsweetened apple juice  
1/4 cup canola oil  
1-1/2 cups grated peeled apples

In a large bowl, combine the first seven ingredients. In another bowl, whisk the eggs, apple juice and oil. Stir into dry ingredients just until moistened. Fold in apples.

Fill greased or paper-lined muffin cups three-fourths full. Bake at 400 degrees F for 18-20 minutes or until a toothpick inserted near the center comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Serve warm. Yield: 1 dozen.

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## Apple Upside-Down Cake

7 tablespoons butter, divided  
3/4 cup firmly packed light brown sugar, divided  
1 teaspoon Watkins Cinnamon  
1/4 teaspoon Watkins Ground Nutmeg  
3 large apples, peeled, cored, cut into rings  
2 teaspoons lemon juice  
1 1/3 cups cake flour  
1/2 cup granulated sugar  
1 3/4 teaspoons Watkins Baking Powder  
1/4 teaspoon salt  
1/2 cup milk  
1 1/2 teaspoons Watkins Vanilla Extract  
1 large egg, separated



Preheat oven to 375 degrees F. Melt 4 tablespoons butter in 8-inch square baking pan. Add 1/2 cup brown sugar, cinnamon and nutmeg; mix well.

Arrange apples over brown sugar mixture in bottom of pan; sprinkle with lemon juice. Set aside.

Combine cake flour, granulated sugar, remaining 1/4 cup brown sugar, baking powder and salt in large bowl. Cut in remaining 3 tablespoons butter until mixture resembles coarse crumbs.

Add milk and vanilla extract; beat until dry ingredients are moistened. Beat for 2 minutes more. Blend in egg yolk.

Beat egg white in small bowl until stiff peaks form; gently fold into batter. Pour over apples in pan.

Bake until toothpick inserted in center comes out clean, about 35 minutes. Cool in pan on wire rack 5 minutes. Loosen edges and invert onto serving plate. Let stand on plate about 1 minute before removing pan. Serve warm.

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## **Caramel Apple Bread Pudding**

Tender, sweet pudding with delicious apple pieces, spices and a luscious low-fat caramel topping make a rich tasting comfort dish without all the fat

1 cup unsweetened applesauce  
1 cup fat-free milk  
1/2 cup packed brown sugar  
2 eggs  
1 teaspoon Watkins Vanilla Extract  
1/2 teaspoon Watkins Ground Cinnamon  
5 cups cubed day-old bread  
1/2 cup chopped peeled apple  
1/2 cup fat-free whipped topping  
1/2 cup fat-free caramel ice cream topping

In a large bowl, combine the applesauce, milk, brown sugar, egg substitute, vanilla and cinnamon. Fold in bread cubes and apple.

Pour into an 8-in. square baking dish coated with cooking spray. Bake, uncovered at 325 degrees F for 35-40 minutes or until a knife inserted near the center comes out clean. Serve warm with whipped topping and caramel topping. Refrigerate leftovers. Yield: 8 servings.

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These muffins are to die for! Spiced apples, warm, gooey caramel - it's like taking a bite of autumn. Anyone who loves caramel apples will love these muffins. These are great served for breakfast or as a midday pick-me-up with a cup of coffee or tea or a glass of cold milk. Substitute Kraft Caramel Bits for the caramels if your grocery store carries them.



### **Caramel Apple Muffins**

2 cups all-purpose flour  
3/4 cup sugar  
2 teaspoons [Watkins Baking Powder](#)  
2 teaspoons [Watkins Ground Cinnamon](#)  
1/2 teaspoon salt  
1 egg  
1 cup 2% milk  
1/4 cup butter, melted  
2 teaspoons [Watkins Vanilla Extract](#)  
1/2 cup chopped peeled tart apple  
12 caramels, chopped

#### **Topping**

1/2 cup packed brown sugar  
1/4 cup quick-cooking oats  
3 tablespoons butter, melted  
1 teaspoon [Watkins Ground Cinnamon](#)

In a large bowl, combine the flour, sugar, baking powder, cinnamon and salt. In another bowl, whisk the egg, milk, butter and vanilla. Stir into dry ingredients just until moistened. Fold in apple and caramels.

Fill paper-lined muffin cups three-fourths full. Combine topping ingredients; sprinkle over batter.

Bake at 350 degrees for 20-25 minutes or until a toothpick inserted in the cake portion comes out clean. Cool for 5 minutes before removing from pans to wire racks. Serve warm. Yield: 12-14 muffins.

Here is another apple dessert recipe for your collection. My family loves any dessert that tastes like apple pie, and this one's so easy, even children can help with the preparation.

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## **Caramel Apple Oat Squares**

1 3/4 cups all-purpose flour  
1 cup quick-cooking oats  
1/2 cup firmly packed brown sugar  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 cup cold butter  
1 cup chopped walnuts  
20 caramels, unwrapped  
1 (14 oz.) can sweetened condensed milk  
1 (21 oz.) can apple pie filling

Heat oven to 350 degrees F. Combine flour, oats, brown sugar, baking soda and salt in large bowl. Cut in butter with pastry blender or 2 knives until mixture resembles coarse crumbs. Reserve 1 1/2 cups crumb mixture; press remainder on bottom of ungreased 13 x 9-inch baking pan.

Bake 15 minutes.

Add nuts to reserved crumb mixture. Melt caramels with sweetened condensed milk in heavy saucepan over low heat, stirring until smooth. Spoon apple filling over partially baked crust. Top with caramel mixture, then reserved crumb mixture.

Bake 35-40 minutes or until set. Cool. Serve warm with ice cream.

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## Caramel Apple Pie I

This delicious deep-dish apple pie with a hint of rum is sweetened with creamy caramel sauce.

1/2 cup sugar  
1 teaspoon Watkins Pumpkin Pie Spice  
1 tablespoon cornstarch  
5 McIntosh or Granny Smith apples, peeled, cored, and sliced  
1 tablespoon lemon juice  
1 teaspoon Watkins Rum Extract  
1 (9 inch) unbaked deep dish pie crust  
2 tablespoons butter or margarine  
3 tablespoons prepared caramel sauce  
1/2 cup flour  
1/3 cup brown sugar  
1/4 cup butter or margarine



1. Mix sugar, pumpkin pie spice and corn starch in a large bowl. Cut apples into 1/4-inch thick slices and place in a separate bowl. Sprinkle apples with lemon juice and rum; add to dry ingredients. Stir to combine. Place in piecrust. Dot with 2 tablespoons of butter. Drizzle with caramel sauce.
2. Stir flour and brown sugar together in small bowl. Cut in 1/4 cup butter until mixture resembles coarse meal. Sprinkle evenly over top of pie.
3. Bake in a preheated 400 degrees F oven for 10 minutes. Reduce heat to 350 degrees F and bake an additional 40 to 50 minutes, until golden brown. Delicious when served warm with a scoop of vanilla ice cream.

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## **Caramel Apple Pie II**

1 package (15 ounces) refrigerated piecrusts  
6 cups peeled, thinly sliced Granny Smith apples (about 6 large)  
3/4 cup granulated sugar  
2 tablespoons all-purpose flour  
1 tablespoon lemon juice  
1 teaspoon Watkins Cinnamon  
8 chewy caramel candies, each cut into 3 pieces  
1/4 cup caramel ice-cream topping  
1 tablespoon coarse decorators' sugar

1. Preheat oven to 375 degrees F. Line an ungreased 9-inch pie plate with 1 piecrust.
2. Combine the apples, granulated sugar, flour, lemon juice and cinnamon in a large bowl. Mix well. Spoon the mixture into the crust-lined pie plate. Top evenly with the caramel pieces.
3. Place the remaining crust over the apple mixture. Crimp the edge as desired. Seal and cut slits in the top crust. Cover the edge of the crust with aluminum foil. Bake for 40 minutes. Remove the foil. Bake until the filling is bubbly, about 20 minutes longer.
4. Brush the hot pie with the caramel topping. Sprinkle with the coarse sugar. Cool on a wire rack. Serve warm or at room temperature. Makes 8 servings.

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You'll love the smell in your kitchen and the smiles on everybody's faces when you make this scrumptious pie that's drizzled with caramel sauce.



### **Caramel Pecan Apple Pie**

7 cups sliced peeled tart apples  
1 teaspoon lemon juice  
1 teaspoon [Watkins Vanilla Extract](#)  
3/4 cup chopped pecans  
1/3 cup packed brown sugar  
3 tablespoons sugar  
1-1/2 teaspoons [Watkins Ground Cinnamon](#)  
1 tablespoon cornstarch  
1/4 cup caramel ice cream topping, room temperature  
1 unbaked pastry shell (9 inches)  
3 tablespoons butter, melted



#### **Streusel Topping**

3/4 cup all-purpose flour  
2/3 cup chopped pecans  
1/4 cup sugar  
6 tablespoons cold butter, cubed  
1/4 cup caramel ice cream topping, room temperature

In a large bowl, toss apples with lemon juice and vanilla. Combine the pecans, sugars, cinnamon and cornstarch; add to apple mixture and toss to coat. Pour caramel topping over bottom of pastry shell; top with apple mixture (shell will be full). Drizzle with butter.

In a small bowl, combine the flour, pecans and sugar. Cut in butter until mixture resembles coarse crumbs. Sprinkle over filling.

Bake at 350 degrees for 55-65 minutes or until filling is bubbly and topping is browned. Immediately drizzle with caramel topping. Cool on a wire rack. Makes 8 delicious servings. For extra lusciousness serve with a scope of vanilla ice cream!

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## **Cider Apple Pie With Cheddar Crust**

### **For The Crust:**

2 cups of sifted all-purpose flour  
1 cup of shredded Cheddar cheese  
5-6 tablespoons of ice water  
1/2 teaspoon of salt  
2/3 cup butter flavor Crisco

### **For The Filling:**

6 cups of peeled, sliced, cooking apples  
1 cup of apple cider  
1/2 teaspoon of Watkins Cinnamon  
1 tablespoon of butter or margarine  
2/3 cup of sugar  
3 tablespoons of cornstarch  
2 tablespoons of water

Heat oven to 400 degrees F.

### **Prepare Crust:**

Combine flour, cheese and salt in food processor. Add butter flavor shortening. Process for 15 seconds. Sprinkle water through the food chute 1 tablespoon at a time until dough forms into a ball. (Processing time need not exceed 20 seconds.) Flour rolling surface and rolling pin. Divide dough. Roll dough for bottom crust into circle 1 inch larger than upside down 9-inch pie plate. Loosen dough carefully. Fold into quarters. Unfold and press into pie plate. Trim edges even with pie plate. (Dough may be prepared without a food processor by mixing flour, salt, and cheese in a bowl. Add shortening and cut into flour mixture to form coarse crumbs. Then add ice water a little at a time to form dough. Do not over mix.)

### **Prepare Filling:**

Combine apples, cider and sugar in large saucepan. Place on medium heat until mixture comes to a boil. Reduce heat to low. Simmer 5 minutes. Combine cornstarch, water and cinnamon. Stir into apples. Cook and stir until mixture boils. Remove from heat. Stir in butter. Spoon into unbaked pie shell. Moisten pastry edge with water. Roll top crust same as bottom. Lift onto filled crust. Trim 1/2 inch beyond edge of pie plate. Fold top edge under bottom crust. Flute. Cut slits or design in top crust. Bake at 400 degrees for 35-40 minutes. Cover edge of crust with foil, if necessary, to prevent oven browning. Cool to room temperature before serving.

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## Crescent Apple Dessert

1 tube (8 ounces) refrigerated crescent rolls  
1 cup chopped walnuts  
3/4 cup sugar  
1/2 teaspoon [Watkins Ground Cinnamon](#)  
1/4 teaspoon [Watkins Ground Nutmeg](#)  
1 can (21 ounces) apple pie filling, chopped



### Topping

1/2 cup all-purpose flour  
1/2 cup packed brown sugar  
1/4 cup cold butter  
1 cup flaked coconut  
1/4 cup chopped walnuts

Unroll crescent dough into an ungreased 13-in. x 9-in. baking pan; seal seams and perforations. Bake at 375 degrees for 10 minutes.

Combine the walnuts, sugar, cinnamon and nutmeg; sprinkle over crust. Spread with pie filling. To cut up the apple pie filling, open the can and use a sharp knife to cut through the apples while in the can cutting in several directions. Simple and no mess!

In a small bowl, combine flour and brown sugar; cut in butter until mixture resembles coarse crumbs. Stir in coconut and walnuts. Sprinkle over filling.

Bake at 375 degrees for 18-22 minutes or until golden brown. Cool on a wire rack. Yield: 12 servings.

### Tips

3/4 teaspoon [Watkins Apple Bake Seasoning](#) can be substituted for the Cinnamon and Nutmeg.

If you prefer fresh apples substitute 5-6 large Granny Smith apples, peeled, cored, and thinly sliced. Cook apples in a sauce pan for about 10 minutes over medium heat, stirring occasionally, to partially cook apples. Mix together 3/4 cup sugar, 2 tablespoons corn starch, and 1/2 teaspoon cinnamon. Remove apples from heat and stir in the sugar mixture. Pour over crust, add topping, and bake according to directions above.

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## Fluffy Apple Dip

This fast, fabulous dip is a family favorite beginning with the fall apple harvest.

1 package (8 ounces) cream cheese, softened  
1 tablespoon peanut butter  
1/2 teaspoon Watkins Pumpkin Pie Spice  
1 jar (7 ounces) marshmallow crème  
Assorted apple wedges

In a small bowl, beat the cream cheese, peanut butter and pie spice until blended; fold in marshmallow crème. Serve with apple wedges. **Yield:** 2 cups.



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## Fresh Apple Cookies

1 1/3 cups firmly packed light brown sugar  
8 tablespoons (1 stick) butter, softened  
1 large egg  
2 cups all-purpose flour  
1 teaspoon Watkins Cinnamon  
1 teaspoon Watkins Baking Powder  
1/2 teaspoon baking soda  
1/2 teaspoon Watkins Nutmeg  
1/2 teaspoon salt  
1/4 cup apple juice  
1 cup finely chopped unpeeled apples  
1 cup chopped pecans or walnuts



Preheat oven to 400 degrees F. Grease baking sheets.

Combine brown sugar and butter in a large bowl. Beat with an electric mixer until creamy. Add egg and beat well.

Sift flour, cinnamon, baking powder, baking soda, nutmeg and salt into a medium bowl. Add to creamed mixture alternately with apple juice, beating continually after each addition. Stir in apples and pecans and mix well.

Drop by tablespoonfuls onto prepared baking sheets. Bake until lightly browned, about 8 to 10 minutes. Transfer to wire racks to cool. Makes 4 dozen.

### **Tips**

Substitute 1 1/2 teaspoons Watkins Apple Bake Seasoning for the Cinnamon and Nutmeg.

To speed preparation, you may wish to shred, rather than chop, the apples. Shredding also ensures that the apple pieces will be small enough to cook through.

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## Nutty Apple Muffins

1-1/2 cups all-purpose flour  
1-1/2 teaspoons Watkins Baking Powder  
3/4 teaspoon salt  
1/2 teaspoon Watkins Ground Cinnamon  
1/2 teaspoon Watkins Ground Nutmeg  
1/4 teaspoon baking soda  
2 eggs  
3/4 cup sugar  
1/3 cup canola oil  
3 tablespoons milk  
1-1/2 cups diced peeled apples  
1 cup chopped walnuts  
3/4 cup flaked coconut



In a large bowl, combine the flour, baking powder, salt, nutmeg and baking soda. In another bowl, beat eggs, sugar, oil and milk. Stir in apples, nuts and coconut. Stir into dry ingredients just until moistened.

Fill 18 greased muffin cups three-fourths full. Bake at 350 degrees F for 20-25 minutes or until a toothpick comes out clean. Cool in pan 10 minutes before removing to a wire rack. **Yield:** 1-1/2 dozen.

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## Spiced Apple Caramels

Servings: Makes about 75 caramels

2 cups apple cider  
2/3 cup heavy cream  
1 teaspoon salt  
1 teaspoon Watkins Apple Bake Seasoning\*  
1/2 teaspoon Watkins Ground Cinnamon  
1 1/2 cups sugar  
1/4 cup light corn syrup  
1/2 cup (1 stick) butter, cubed  
Watkins Ground Cinnamon or Watkins Sea Salt (optional)



\* If you do not have Apple Bake Seasoning, substitute 1/2 teaspoon ground cinnamon, 1/4 teaspoon nutmeg and 1/4 teaspoon allspice.

Pour cider into small saucepan and simmer over medium heat until reduced to 1/3 cup; approximately 35 to 40 minutes. Set aside to cool.

Line 8-inch square pan with buttered parchment paper or aluminum foil. In small bowl, combine heavy cream, salt, apple bake seasoning, cinnamon and reduced cider; set aside.

In large, heavy-bottom saucepan, combine sugar and corn syrup. Cook over low heat, stirring until sugar dissolves. Insert candy thermometer and simmer until syrup reaches 234 degrees F.

Remove from heat, remove thermometer and very slowly whisk in cream mixture (mixture will foam and may spatter). Add cubed butter and stir or whisk until cream and butter are fully incorporated. Return pan to heat, reinsert thermometer and cook over low heat, stirring frequently, until temperature reaches 250 degrees F.

Remove from heat and pour caramel into prepared pan; let mixture cool slightly, then sprinkle with freshly ground cinnamon or sea salt, if desired. Cool completely at room temperature or refrigerate until set. Once set, remove caramel from pan lifting out by parchment paper or foil. Cut caramel into 3/4-inch squares. Wrap each piece in small wax paper square, twisting at each end. Store caramels in airtight container in cool place or refrigerate up to 2 weeks.

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## Chicken and Chops



### Apple and Cider Chicken

4 boneless, skinless chicken-breast halves (5 ounces each)  
1/2 teaspoon salt  
1/2 teaspoon Watkins Black Pepper  
2 teaspoons olive oil  
4 slices bacon, chopped  
1 cup chopped onion  
1 medium Granny Smith apple, chopped  
1 teaspoon Watkins Thyme  
1 cup apple cider  
1/4 cup chicken broth made with 1/4 cup boiling water and 3/4  
teaspoon Watkins Chicken Soup Base



1. Sprinkle the chicken with salt and pepper. Heat olive oil in a large skillet over medium heat. Cook the chicken in the hot oil until browned and no longer pink inside, 4 to 5 minutes per side. Transfer to a plate and keep warm.
2. Add bacon to the skillet and cook until crisp and browned. Transfer bacon with a slotted spoon to paper towels to drain; set aside.
3. Discard most of the bacon drippings from the skillet. Add onion to the skillet and cook, stirring continually, for 3 minutes. Add apple and thyme. Cook, stirring, for 3 minutes.
4. Add cider and broth and cook, stirring occasionally, until thickened, about 5 minutes. Return the chicken to the skillet and cook until heated through. Sprinkle with the bacon and serve. Serves 4.

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## **Apple Cider Chicken**

- 2 tbsp olive oil
- 2 tbsp butter
- 4 boneless, skinless chicken breasts
- Salt & Watkins Black Pepper
- 1/2 onion, chopped
- 1 Granny Smith apple, cored and sliced into ¼ inch wedges
- 3 cloves garlic, minced
- 2 tsp Watkins Thyme
- 2 bay leaves
- 2 tbsp all purpose flour
- 1 1/2 cups apple cider

Heat oil and 1 tablespoon butter in a skillet over medium heat. Season chicken breasts with salt and pepper and add to pan and sear till golden. Remove chicken from pan and set aside. Add remaining butter and onion, apple, garlic, thyme and bay leaves. Sauté till apple begins to color and onions soften. Add flour and stir 2 to 3 minutes. Put chicken back into pan and add cider bring to a boil and reduce to a simmer and cover. Cook till chicken is cooked through. Makes 4 servings.

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## **Apple Stuffed Pork Chops With Cider Gravy**

1 medium chopped onion  
6 tablespoons of butter or margarine, divided  
4 slices raisin bread, crumbled  
1 large apple, peeled, cored and chopped  
1/4 cup parsley or 1 tablespoon Watkins Parsley  
1 teaspoon of salt  
1/2 teaspoon of Watkins Sage  
1/2 teaspoon of Watkins Thyme  
1/4 teaspoon of Watkins Black Pepper  
1 egg, slightly beaten  
4 (1 1/2 inch thick) pork loin chops  
1/2 cup of chicken broth made with 1/2 cup boiling water and 3/4 teaspoon Watkins Chicken Soup Base  
2 tablespoons of flour  
1 cup of apple cider

Sauté onion in 3 tablespoons butter until tender.

Remove from heat. Stir in bread, apple, parsley, sage, thyme, pepper and egg. Mix well.

With sharp knife, cut a deep pocket in side of each chop. Fill with stuffing. Fasten openings with toothpick.

Cook chops in remaining 3 tablespoons butter until browned on both sides.

Add chicken broth, bring to boil. Reduce heat, cover and simmer 40 minutes or until chops are tender.

Remove chops to heated platter.

Sprinkle flour over pan drippings, stir until smooth. Stir in cider, scraping up all browned bits. Cook, stirring constantly, until gravy thickens. Serve with chops. Serves 4.

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## **Maple Apple Chops**

1 (12-ounce) package egg noodles  
1/2 teaspoon Watkins Oregano  
1/2 teaspoon Watkins Thyme  
1/2 teaspoon each salt  
1/2 teaspoon Watkins Ground Nutmeg  
1/4 teaspoon Watkins Black Pepper  
4 well-trimmed center-cut pork chops, cut 1/2 inch thick  
2 tablespoons butter, divided  
1 medium red apple  
1/4 cup maple syrup  
2 tablespoons lemon juice  
1/2 teaspoon Watkins Ground Ginger

Prepare noodles according to the package directions; drain noodles. Rinse with cool water; drain again. Place noodles in bowl; cover to keep hot.

Meanwhile, combine oregano, thyme, salt, nutmeg and pepper in a small bowl; sprinkle over pork chops.

Heat 1 tablespoon butter in a large skillet until hot. Add pork chops and cook over medium heat until pork is barely pink in center, about 5 to 7 minutes per side. Remove pork chops from skillet and cover to keep warm.

Cut apple in half; core and cut into slices. Add remaining 1 tablespoon butter and apple to skillet. Cook over medium heat, stirring occasionally, until tender, about 3 minutes. Stir in maple syrup, lemon juice and ginger. Cook until thickened, about 2 minutes.

Serve pork chops and apple mixture over noodles. Serves 4.

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## **Pork Chops with Apples**

6 boneless pork loin chops, 3/4 inch thick  
Salt and Watkins Black Pepper  
1 tablespoon vegetable oil  
1 onion, sliced  
1 (20-ounce) can sliced apples  
3 tablespoons brown sugar  
1/4 teaspoon Watkins Ground Cinnamon

Season pork chops with salt and black pepper to taste.

Heat vegetable oil in a medium skillet over medium-high heat. Arrange pork chops in skillet.

Cook pork chops until browned, about 4 minutes per side. Transfer to a plate; keep warm.

Add onion to drippings in skillet. Sauté, stirring continually, for 2 minutes. Return pork chops to skillet.

Add apples to pork chops. Sprinkle with brown sugar and cinnamon; cover.

Cook, spooning sauce over pork chops frequently, until pork chops are cooked through, about 10 minutes. Serve immediately. Serves 6.

Fresh peeled, cored, and sliced apples can be used for canned apples.

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## Miscellaneous



### **Crunchy Apple Salad**

Apples and nuts make a convenient and quick salad any time of year, especially in autumn, the height of apple season.

- 3 Red Delicious apples, chopped
- 2 teaspoons lemon juice
- 1 celery stalk, chopped
- 1 1/2 cups miniature marshmallows
- 1/2 cup mayonnaise
- 1/2 cup extra-creamy whipped topping
- 1/2 teaspoon Watkins Vanilla Extract
- 1/4 cup pecan or walnut pieces



Place apples in a large bowl. Sprinkle with lemon juice and stir to coat. Add celery.

Mix marshmallows, mayonnaise, whipped topping, and vanilla. Stir into apple mixture.

Spoon into a serving dish. Sprinkle with pecans or walnuts and serve. Store any remaining salad, covered, in the refrigerator. Serves 8

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### **Scalloped Apples**

Microwave scalloped apples have all the tender appeal of long-cooked, stovetop scalloped apples. Once you learn the technique, you may never go back to the skillet.

10 cups peeled, sliced Granny Smith apples  
1/4 cup sugar  
2 tablespoons cornstarch  
1/2 teaspoon Watkins Cinnamon  
1/4 teaspoon Watkins Nutmeg  
2 tablespoons butter



Place apples in a large bowl.

Combine sugar, cornstarch, cinnamon and nutmeg in a small bowl and mix well.

Sprinkle sugar mixture over apples and mix well. Spoon into a microwave-safe dish. Dot with butter. Cover with plastic wrap.

Microwave apple mixture on HIGH (100% power), stirring every 5 minutes, until apples are tender, about 15 minutes. Serve immediately. 6 servings.

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