

*What can make a piece of toast taste like apple pie?
It's a yummy spread that's super simple to make.*

Apple Pie Spread

BY SHERRY TIMBERMAN



4 cooking apples (almost any kind except Red Delicious)

1/2 cup apple cider

1/2 cup sugar

1 teaspoon cinnamon

1/4 teaspoon nutmeg

1/8 teaspoon cloves

1. Wash your hands.
2. Have an adult help you peel and core the apples and cut them each into 4 pieces.
3. Put the apple pieces in a glass dish and pour the apple cider over them. Cover the dish with a glass lid.
4. Microwave the apples and cider for 2 minutes. Ask an adult to help you carefully remove the lid so the steam doesn't burn you. Stir the apple mixture. Put the lid back on and cook the apples for 2 more minutes. Stir again. Cook the apples for 2 more minutes.

5. Stir in the sugar, cinnamon, nutmeg, and cloves.
6. Put the apple mixture back in the microwave. This time, don't cover the bowl. Cook on high for about 10 minutes, stirring a few times. When the spread is thick, it's ready.
7. Put the spread in a container with a lid, and put it in the refrigerator. It can keep in the fridge for about two weeks—if it lasts that long!

Apple Facts

- Some people say "An apple a day keeps the doctor away." That's because apples have lots of vitamin C and antioxidants.
- Apples belong to the same family of plants as roses. No wonder apple trees have such beautiful blossoms.
- There are more than 7,500 different kinds of apples.



If you ate a different kind every day, it would take about 20 years to try them all!

- The world's biggest apple weighed 3 pounds and 2 ounces.
- Apples can float in water because 25 percent of their volume is air.

