

# RECIPE DEMO

## Cinnamon Raisin Stuffed Apples



### Nutrition

- Calories 170
- Total fat 5g
- Sodium 5mg
- Total carbohydrates 42g
- Fiber 2g
- Protein 2g
- Sugar 27g

### Ingredients

- 4 medium baking apples
- 5 biscuits Kellogg's®  
Frosted Mini-Wheats®  
Big Bite cereal crushed
- 2 tablespoons raisins
- 1/2 teaspoon cinnamon
- 1/3 cup 100% apple juice

### Prep Equipment

- Sealable plastic bag
- Rolling pin
- Paper towels
- Gloves

### Presentation Equipment

- Cutting board
- Paring knife
- Vegetable peeler
- Microwave-safe casserole dish
- Measuring cups and spoons
- Large bowl
- Wooden mixing spoon
- Large spoon
- Plastic wrap
- Trash container
- Damp cloth
- Gloves
- Serving dish

### Sampling Equipment

For sampling:

- Small disposable serving plates
- Disposable spoons
- Napkins
- Copies of consumer version of recipe
- Gloves

### Advance Preparation

1. Crush Frosted Mini Wheats Big Bite Cereal biscuits in a plastic bag and seal. Lie plastic bag on a flat surface, and use the rolling pin to crush cereal.
2. Wash apples thoroughly and dry with paper towels. Set aside until demonstration.
3. Practice coring the apple to show how it is done, core other apples in advance and sprinkle with diluted lemon juice to prevent browning.
4. Practice your set up, going through the motions of the demonstration and practicing safe food handling techniques while saying the preparation and nutrition tips below.
5. Use private label apple juice, raisins and cinnamon as a way to promote your retailer's brands in this demo.
6. Use the original cereal, raisin, and juice packaging for display in the live demo.

— In the —>

**BOWL  
& BEYOND**

[healthybeginnings.com](http://healthybeginnings.com)

# At Demonstration

| <p><i>Recipe Instructions</i><br/>Yield: 4 apples</p>   | <p><i>Food Demo Talking Points</i><br/>Yield: 4 apples, cut into 4ths</p>   | <p><i>Nutrition Talking Points</i></p>   |
|---|---|--|
| <ul style="list-style-type: none"> <li>• Introduce recipe.</li> </ul>   |   | <ul style="list-style-type: none"> <li>• Many cereals, including the Frosted Mini Wheats Big Bite Cereal, offer a variety of nutrients to fuel your day and enjoy the rewards of a healthy start.</li> </ul> |
| <ul style="list-style-type: none"> <li>• Core apples</li> <li>• Place cored apples upright in 1 1/2 - quart microwave-safe casserole dish.</li> </ul>   | <ul style="list-style-type: none"> <li>• Use apple varieties that will bake well such as Cortland, Granny Smith, McIntosh, Jonathan, Rome Beauty, Empire, Fuji, and Gala.</li> <li>• Core the fruit by placing the apple upright on a cutting board. Place a short paring knife directly into the top of the apple, and cut around the core, careful not to cut through the bottom of the apple.</li> </ul> |  |
| <ul style="list-style-type: none"> <li>• In a large bowl, combine Kellogg's Frosted Mini-Wheats Big Bite cereal, raisins and cinnamon.</li> </ul>   | <ul style="list-style-type: none"> <li>• The whole grain in Frosted Mini Wheats Big Bites provides texture and crunch in this recipe.</li> </ul>  |  |
| <ul style="list-style-type: none"> <li>• Pack cereal mixture into centers of apples.</li> </ul>   | <ul style="list-style-type: none"> <li>• Use a serving spoon to scoop a quarter of the mixture and pack it into the centers of the apples.</li> </ul>   | <ul style="list-style-type: none"> <li>• The cereal used in this recipe offers both whole grains and fiber. With the apples you get 6 g of fiber per serving of this recipe.</li> </ul>                      |
| <ul style="list-style-type: none"> <li>• Pour apple juice over apples into casserole dish.</li> </ul>   | <ul style="list-style-type: none"> <li>• When buying apple juice, read the label to ensure its 100% juice with no sugar added.</li> </ul>   |  |
| <ul style="list-style-type: none"> <li>• Microwave, covered with plastic wrap, at high for 6 to 12 minutes. Turn casserole dish and baste apples with juice every 3 minutes. Note: Microwave Cooking times may vary.</li> </ul> | <ul style="list-style-type: none"> <li>• Since the apples dry the longer they cook, turn the casserole dish and baste them every 3 minutes to ensure they stay juicy.</li> </ul>  |  |
| <ul style="list-style-type: none"> <li>• Plate apples. Before serving, spoon juice over apples again. Serve Warm.</li> </ul>  | <ul style="list-style-type: none"> <li>• Not only does this make a warm and filling breakfast, but the recipe is also perfect as a dessert or snack.</li> </ul>   | <ul style="list-style-type: none"> <li>• This delicious recipe offers whole grains, 6g fiber, and .5g fat for just 170 calories.</li> </ul>  |