



Chopping Fruit

This recipe calls for finely chopped apples. So, you want to be sure that you cut them up into very small pieces so that they bake evenly for this recipe.

Now, you can do that with the peel on, or you can take the peel off. If you leave the peel on, it just adds more color and fiber. So, its whatever your personal preference is.

When chopping your apples at home, be sure you use a cutting board so you don't hurt your counters. And if you don't have a cutting board, just do it on top of a plate. That works just as well.

If your child is not ready for a sharp knife like this, then they can use a simple table knife to chop, or even a pizza cutter.

So, whatever you think is safe for your child as age appropriate, you can determine that.

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

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