

App-icious Ways To Prepare A Delicious And Nutritious Fruit

(NAPSA)—One of the tastiest ways to enjoy the crisp delicious taste of apples is to pick them fresh from the tree at harvest time. Picking apples can be a fun activity for the whole family and newly harvested apples last for weeks if stored in a cool place. When picking apples, remember:

- Pick from the outside. Apples on the outside of the tree will ripen first.
- To pick apples, roll upward from the branch and twist. Don't remove the stems.
- Place apples gently in a basket and only wash just before using to prevent bruising and spoilage.

At only 80 calories, apples are high in dietary fiber and vitamin C. They contain iron and other trace minerals and vitamin A. One serving of apples has more of the antioxidant power needed to fight aging, cancer and heart disease than any other fruit.

Even if you pick your apples from the farmer's market or grocery store, there are many mouth-watering ways to enjoy them. Try these tempting recipes that combine fresh crisp apples with creamy caramel.

Caramel-Glazed Apple Pie

Prep Time: 20 minutes

Bake Time: 55 to 65 minutes

Yield: 8 servings

Apple Pie:

Pastry for double-crust pie
8 cups peeled and sliced cooking apples (about 4 to 6 large)

½ cup Karo® Dark Corn Syrup

3 tablespoons butter OR margarine, melted

3 tablespoons sugar

1½ tablespoons Argo® or Kingsford's® Corn® Starch



Creamy caramel-topped apple pie makes the most of the season's fresh apple harvest.

1 teaspoon ground cinnamon

¼ teaspoon salt

Caramel Glaze:

¼ cup brown sugar

¼ cup chopped pecans

3 tablespoons Karo Dark Corn Syrup

2 tablespoons butter or margarine, melted

1 tablespoon Argo or Kingsford's Corn Starch

Preheat oven to 375° F.

Fit one pie crust into bottom of 9½-inch deep-dish pie pan. Add apples.

Combine corn syrup, butter, sugar, corn starch, cinnamon and salt in a small bowl. Pour over apples. Top with second crust, fold edges under, seal and flute. Cut a few slits in top crust to vent.

Place a shallow pan under pie to catch any drips and bake for 45 to 55 minutes, until crust is browned and apples are tender.

Combine all caramel glaze ingredients in a small bowl. Dollop over pie and carefully spread over hot crust. Bake 10

minutes or until topping is bubbly.

Caramel Dip

Prep Time: 5 minutes

Cook Time: 10 minutes

Yield: 4 cups

½ cup butter OR margarine

2 cups brown sugar

1 cup Karo Light Corn Syrup

2 tablespoons water

1 can (14 ounces) sweetened condensed milk

1 teaspoon pure vanilla extract

Melt butter in a medium-sized saucepan. Stir in sugar, corn syrup and water.

Bring to a full boil over medium-high heat. Add condensed milk, stirring constantly. Bring to a full boil for 3 minutes.

Remove from heat and add vanilla. Serve immediately or keep warm in a slow cooker or fondue pot.

Recipe tip: Prepare ahead and reheat in microwave. If sauce seems too thick, stir in 1 tablespoon water or milk.

Karo Syrup is an important ingredient in baked goods, pies and popcorn balls and can make homemade desserts taste better.

Argo Corn Starch allows the natural flavor of food to come through. It can be used as a thickener for smooth gravies, sauces, glazes and casseroles, as well as in pies, puddings and cake fillings.

For more recipes and tips, visit www.karosyrup.com and www.argostarch.com.



This delicious caramel sauce can be used as a dip for apples, pears, bananas, graham crackers or gingersnaps.