

# PANHANDLE PATH TO HEALTHY LIVING

TEXAS A&M  
**AGRI**LIFE  
 EXTENSION



## *Ferris' Wheel*

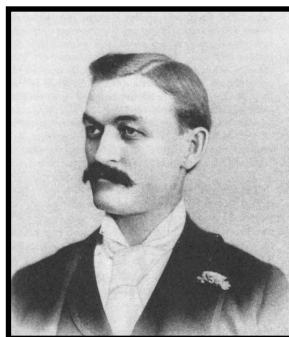
by Marko Dumlija, Research Intern

September 2021

### The Origins of the Chicago Wheel

Today, hundreds of Ferris wheels tower over cities and fairgrounds around the world. But today's wheels are very different from the original wheel, which originated in Chicago during the World's Columbian Exposition of 1893.

The Ferris wheel owes its famous design to George Washington Gale Ferris Jr., a structural engineer from Pittsburgh, Pennsylvania, who inspected steel for the Exposition. Ferris brought the idea for an enormous metal wheel to Daniel Burnham, the fair's lead architect, after Burnham



requested an iconic structure. Burnham and his peers hoped that it could rival the Eiffel Tower, which had been built for the 1889 Exposition Universelle in Paris.

Of the numerous proposals for Chicago's spectacle attraction, nothing captured the imagination quite like the "Chicago Wheel." Ferris's enormous vertical structure, which rotated around a center axle, featured 36 gondolas capable of holding up to 60 people each—for a total capacity of 2,160 people. It was not the first amusement wheel, but the use of a reduced steel framework had Burnham doubting a structure of this scale could ever work. After spending much of his own money on safety studies, Ferris finally convinced Burnham that the structure was possible. In 1893, Ferris completed the attraction and the Ferris wheel was born.

*Heidi Rehman*

Soaring to a height of 264 feet, the original Ferris wheel offered fairgoers a 10- to 20-minute ride unlike anything they'd experienced before. For many, the Ferris wheel took them as high up as they'd ever been—and the views did not disappoint. As passengers traveled through the air, they could see out over Lake Michigan and glimpse new vistas of the city itself. In all, more than 1.4 million people paid the 50-cent fee to take a ride on the wheel.

Despite the popularity of the attraction, the Ferris wheel met with a string of financial issues after the fair. It was disassembled and moved to North Clark Street, where it operated from 1895 to 1903. The wheel was then sold and rebuilt in St. Louis, Missouri, for the 1904 World's Fair. Finally, in May of 1906, a demolition company used 200 pounds of dynamite to destroy the wheel. Its remnants were sold for scrap metal.

### Reinventing the Wheel

Almost exactly 110 years after the original wheel was demolished, a new Ferris wheel opened on Navy Pier in 2016. Part of Navy Pier's larger redesign for its centennial celebration, this new amusement ride replaced an earlier wheel installed in 1995. Both the 1995 and the 2016

wheels were manufactured by Dutch Wheels. Known as the Centennial Wheel, the new attraction measures 196 feet in height and has 42 gondolas. While this Ferris wheel won't contend for the "world's tallest" title, it is currently the sixth-tallest wheel in the United States. But bigger isn't always better. The Centennial Wheel makes up for its average stature with new amenities, including air-conditioned gondolas

and high-tech safety glass.

Another big change for the Navy Pier wheel is the

passenger experience. As opposed to the 1995 wheel's red gondolas, the new gondolas don Navy Pier's signature blue and offer individual seating. Navy Pier's previous ride operated on a continuous rotation system, meaning that passengers boarded while it was still moving.

But the new wheel stops to allow passengers to exit and board each gondola. During this pause, passengers aboard other gondolas can capture views of the city from different heights or interact with a multimedia system that displays facts about the surroundings.



The 70-ton axle of the Ferris wheel after its arrival in Chicago in 1893.

### Go for a Spin

Although the original wheel was not preserved, Ferris's idea lives on at small town carnivals and at major landmark attractions across the globe. And the new Ferris wheel at Navy Pier shares a few similarities with the original: its new gondolas are larger and enclosed and its new height is closer to the original's dazzling 264 feet. This summer, take part in Chicago's history with a ride on the new Ferris wheel. Imagine that it's 1893 and you've never been up so high. The view out over the lake is just as beautiful today as it was all those years ago.



### When the Wheel Began to Turn

The "official" first Ferris wheel was created by George Washington Gale Ferris Jr. as a landmark ride for the 1893 World's Fair in Chicago. And although Ferris based his design on the Somers wheel (unveiled a year earlier in 1892), he was able to win a patent fight in court and ultimately was credited with the invention. The massive Ferris wheel—dubbed after its creator—towered at 264 feet, rotated on a 71-ton, 45.5-foot axle and weighed more than 89,000 pounds.



But if you were looking for a cozy, romantic ride to the stars in your own private cart, you wouldn't find it here. The wheel held 36 bus-sized cars, each able to seat up to 60 people—that's 2,160 passengers—and took a whopping 20 minutes to complete its full two-revolution ride. Because the wheel was so costly to operate, tickets to this colossal ride cost 50 cents—the same price as tickets to the actual fair!

Fun fact: After being relocated a few times, the wheel was deemed too expensive to maintain and officially retired in 1906. Its metal was recycled and used to build the USS Illinois battleship during World War I.

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**Syracuse, NY: The Real Birthplace of the Ferris Wheel?** While the world may have met the giant Ferris wheel at the 1893 World's Fair, a smaller version of the ride actually debuted to fairgoers more than 52 years earlier right here at The Great New York State Fair!

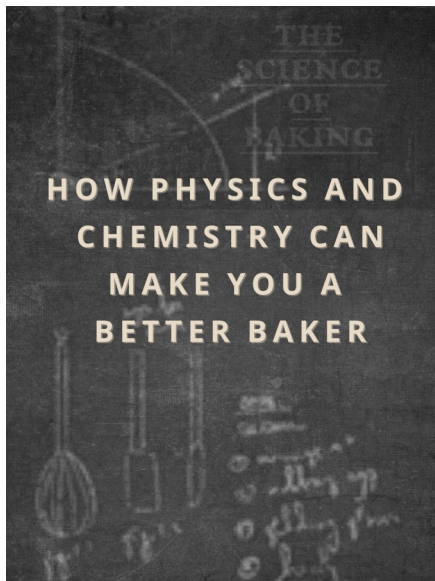
In the winter of 1849, canal workers Samuel Hurst and James Mulholland found they had nothing to do. So they left their worksite and began to construct a 50-foot revolving wheel using a man-powered rope and pulley system based on a similar ride Mulholland had seen in his native Scotland. The quaint ride—which

seated only four people at a time—was unveiled at that year's NYS Fair, where it quickly became a hit attraction among the Fair's 80,000 visitors. When its time in the limelight came to an end, the wheel was sold to a hotel owner who installed it on Baldwin Island before later shipping it to Albany for another fair.

Interesting tidbit: All Ferris wheels can actually trace their origins way back to the early 1600s at local fairs in Europe that featured small, hand-cranked rides similar to the one the NYS Fair debuted in 1849.

So while there may be a little controversy over which version of the ride is truly revolutionary, it's generally agreed that the modern-day Ferris wheels that stand tall on the NYS Fair Midway haven't strayed too far from the original design—whether it originated in 1849 or 1893.





*Baking is a science. Almost all baking recipes call for flour, eggs, fat, sugar, and a leavening agent (baking soda or powder), and follow a standard sequence of steps. If you follow all the instructions precisely, your end product is always the same. That's what science is about, accuracy in its methods and results that can be reproduced consistently. Mostly, baking is physics and chemistry, both of which are broken down for you below in this step-by-step guide.*

### **Step 1: Creaming sugar and butter**

The process of creaming is, simply put, just mixing butter and sugar together. But under the dizzying whirr of your paddle mixer, a third component is being incorporated, air. The jagged sugar crystals cut air into the butter and the butter forms a layer around the air pockets, making the mixture lighter and fluffier.

### **Step 2: Adding the egg**

Eggs serves many purposes in baked goods. First, the protein in the eggs forms a layer around the already butter-covered air bubble, preventing it from collapsing while baking in the oven this is known as emulsification. Second, the protein in egg yolks allows them to serve as binders, or stabilizers, in baking and cooking. When mixed in a correct ratio with other ingredients, the coagulation of the yolk's proteins helps bring the recipe together and create the necessary structure for the dish.

### **Step 3: Folding in the flour**

Flour gives your baked goods structure, via gluten—a mixture of two proteins present in cereal grains. They form an elastic network around the air bubbles you worked so hard for, helping your baked good hold its shape, even through the structural stress of expansion that happens while baking. Take care, though, not to over-beat the flour. This will result in a heavy and dense cake, that can be unpleasant to eat, because of too much gluten development.

### **Step 4: Heating things up**

The rise in your baked goods comes from two things. First, when your leavening agent is heated, whether it's baking soda or baking powder, it releases carbon dioxide into the dough or batter around it. As the temperature rises even higher, vapor forms from the water in the butter and eggs. All this gas expands, enlarging the existing air bubbles in your batter. To prevent the gas from escaping, the gluten that you developed through the previous step holds everything together, keeping the baked good whole. For easy visualization, think of your cake as a network of tiny, soon-to-be-delicious balloons.



### **Step 5: Settling down**

As the heat continues to rise, the egg proteins coagulate, the starch in the flour absorbs any remaining moisture, and the gluten loses its elasticity. The batter has now set, taking its permanent shape.

## Step 6: Browning

Ever wonder why your raw batter doesn't taste exactly the same as the end product? That's because during baking, the Maillard reaction works its magic, breaking down the sugars and amino acids in your batter to form flavor compounds that mere mixing and folding doesn't. Apart from the flavor it imparts, this chemical reaction is also responsible for the golden brown color of pastries and breads (and even steaks and dulce de leche).

Finally, after all the physical and chemical reactions, the breaking down as well as the development of bonds and flavors, and yes, all your hard



## How to Bake With Stevia Instead of Sugar

Whether you're on a diet or have diabetes and wish to enjoy something sweet without sugar, the natural sweetness of stevia provides a good alternative. With no calories and glycemic index of zero, stevia provides sweetness to baked goods without the negative aspects of refined sugar.

Stevia is naturally much sweeter than sugar, so a little goes a long way. Because of this, when you're substituting stevia for sugar, ingredient adjustments are often required in recipes to make up for the lost bulk. In addition, the amount of stevia that's necessary depends on the particular product's stevia-to-sugar ratio.

Stevia has been used for hundreds of years in South America. It is now used in processed forms to help with weight management a May 2015 article in *Nutrition Today* explains that by eliminating the sugar calories from a variety of products and in home baking. Steviol glycosides are the components that cause the sweet taste in the plant and are 250 to 300 times sweeter than sucrose. High-purity forms of these glycosides are considered safe by the U.S. Food and Drug Administration.

### Substitute Stevia for Sugar

When attempting to substitute stevia for sugar, it is recommended for best results to only remove half of the sugar in place of stevia. This is due to the moisture, browning and rising effects that sugar contributes to.

There are commercial sugar and stevia blends available as well. Follow the directions for sugar-to-stevia conversion stated on the package. Many of these are designed for a cup-for-cup stevia-to-sugar ratio making baking with stevia no different than when using regular sugar.

For stevia packets, the sweetness of one packet is similar to 2 tea-

spoons of sugar. Twenty-four packets equal 1 cup of sugar. If you are using a bag of baking stevia, then 1/3 cup plus 1 1/2 tablespoons are equal to 1 cup of sugar. For pure powdered stevia, the stevia-to-sugar ratio is much lower. Only 1 teaspoon of powdered stevia equals 1 cup of sugar. For baking purposes, the bags of baking stevia are more convenient and practical than individual packets.

### Tips for Baking with Stevia

There are a few adjustments that should be made to substitute stevia for sugar. When baking cookies, stevia is best used in recipes for crisp cookie types such as shortbread. If you are making chewy cookie types, it is best to add some bulk and moisture in the form of pumpkin, applesauce, uncooked oatmeal or nut and seed butter. Otherwise, your cookies could end up dry and crumbly.

In the case of cakes, separate the egg whites and whip them to stiff peaks to help maintain the volume of the cake batter. Be sure to invert the cake onto a cooling rack when finished baking in order to maintain volume and avoid the cake collapsing.

Yeast breads need sugar to rise. Replace only half of the sugar and increase the baking soda or baking powder to compensate for the lack of sugars available to feed the yeast. In all cases, preheat the oven to the correct temperature beforehand.

**TIP:** When you're baking with stevia instead of sugar, be sure to check the product label for proper sugar-to-stevia conversion. The stevia-to-sugar ratio depends on the type and brand of stevia being used.



# A Sweet Experiment



## 2. Brown Sugar Vs. Granulated Sugar

Brown sugar gives brownies notes of caramel and molasses, which, depending on the taste tester, could be a good or a bad thing. It also boosts a brownie's chewiness.

For this experiment, we baked a very traditional brownie to see exactly how temperature, baking pans, and ingredients affect your finished dessert. Here's what we found out...

### CONTROL BROWNIE

#### Ingredients:

Melted butter

Granulated sugar

Natural unsweetened cocoa powder

Kosher salt

Whole eggs

Vanilla extract

Flour

#### Process:

Combine sugar, butter, cocoa powder, and salt.

Add eggs, one at a time, then stir in vanilla.

Fold in flour.

Bake at 350° in a metal pan.

After baking our control, we then set out and changed a single variable to make seven different batches. Here's what we learned:

### 1. Temperature

Most recipes call for baking brownies at 350°. If a fudgy inside and crackly top is your goal, stick with that temperature. Brownies baked at 325° will take longer to bake and will become chewier in texture.

### 3. Glass\* vs. Metal Pan

In general, metal bakeware, ideally aluminum, conducts heat nicely. This also means it'll cool more quickly once removed from the oven. Glass tends to burn the outsides of baked goods faster. And once a glass pan heats up, it stays HOT for a long time. Which means your brownies will take longer to cool.

\*For our variable tests, we made smaller batches. The increased surface area led to a faster baking time for our glass pan test.

### 4. Butter

Ahh, the perpetual question when it comes to baking: melted or softened butter? In brownies, the latter leads to cakier results because you're beating more air and lift into the batter. In doing this, you're also diffusing the chocolate flavor. Brownies made with melted butter tend to be fudgier and have a stronger cocoa flavor.

### 5. Type of Fat

If it's a chewy texture you're after, oil is better than butter. But after tasting what seemed like a million brownies, our test kitchen much preferred the taste of brownies made with butter. Chewy lovers, do not despair. Lena is a genius and figured out the perfect ratio of butter to oil so you can win in both flavor and texture.

## 6. Type of Cocoa Powder

Dutch cocoa brownies are generally denser, darker, and much richer. Everyone in the kitchen team prefers them. But if the steep price point upsets you, know that you can use natural unsweetened cocoa and Dutch cocoa interchangeably in most brownie recipes. At least all of ours!

## 7. Melted Chocolate Vs. Cocoa Powder

For fudgy brownies, melted chocolate is the way to go. We find it's best to melt the chocolate in a double boiler with butter. (You risk burning the chocolate if you melt it directly in a saucepan.) Using melted chocolate also results in a smoother tasting brownie. But, it won't taste as chocolatey as it would if you used cocoa powder.



### **CONTROL 350°**

- Melted butter
- Granulated sugar
- Cocoa powder
- Metal pan



### **325°**

- Brownies will take longer to bake
- Chewier in texture



### **BROWN SUGAR**

- Faint molasses taste
- Chewier in texture



### **GLASS PAN**

- Bakes more quickly
- Edges get crispier



### **SOFTENED BUTTER**

- Cakier in texture
- Chocolate flavor is diffused



### **OIL**

- Chewier in texture
- Not as flavorful as butter



### **DUTCH COCOA**

- Chewier and denser
- Richer flavor



### **MELTED CHOCOLATE**

- Fudgier in texture
- Chocolate flavor isn't as strong

# Path to Randall County



## SIX WAYS TO WIN THE WAR ON WEEDS

A few weeds here and there won't hurt anything, but when they get out of control, they rob nutrients from your plants and give shelter to disease-spreading pests. How you get rid of



the troublemakers depends on where they're growing, what you want to grow in their

place, and how long they've been there. Here's my basic—and totally nontoxic—weed-management policy:

**Get 'em when they're down.** Perennial weeds are at their weakest just before they flower. That's the time to give them a lethal dose of my **Weed-Wipeout Tonic**:

- 1 tbsp. of **dishwashing liquid** (a mild brand with no antibacterial ingredients)
- 1 tbsp. of **gin**
- 1 tbsp. of **vinegar**
- 1 qt. of **hot water**

Mix all of the ingredients together, and pour the solution into a handheld spray bottle. Then drench the weeds to the point of runoff, taking care not to get any tonic on nearby plants.

**Smother them.** For unpaved walkways or paths between beds, lay cardboard, brown paper bags, or

newspapers over the soil, then spread on whatever kind of topping suits your fancy. Shredded bark, pea gravel, and pine needles, for instance,

are all easy on the feet and the eyes.

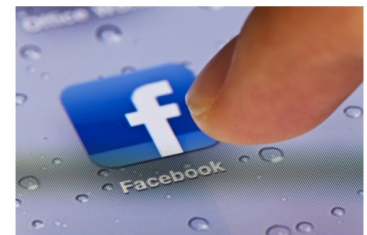
**Procrastinate.** Don't rush to get warmth-craving plants into the ground. When heat lovers have to struggle to grow in cold soil, weeds can quickly do them in.

**Seed heavily.** Weeds pop up in any bare soil they find. When you're direct sowing flowers, vegetables, or herbs, cover the space with the plants you want in your garden. Later, you can thin the seedlings to the right distance.

**Use transplants.** Young plants take off the minute you set them into the ground. That means they can start shading out weeds right from the get-go. Plus, when something green does appear, you'll know it's a weed, and you can pull it without worrying that you're ousting a future friend.

**Mulch early and mulch often.** A thick layer of organic mulch will stop weeds from sprouting among your plants. It will also keep disease-causing fungi in the soil from splashing up on stems and foliage.

@RandallCountyFCH



**September is National Food Safety & Healthy Aging Month**

Like the [@RandallCountyFCH](#) page to see the September Virtual Health Fair



# **September is National Food Safety & Healthy Aging Month**

**Let's Keep Our Seniors Safe From Foodborne Illness: Food Safety for Older Adults and People with Weakened Immune Systems.** Food safety is important for everyone – but it's extremely important for individuals with a weakened immune system, which makes them especially vulnerable to foodborne illness.

## **The Immune System: Its Importance**

Your immune system is vital for your health because it defends your body against infectious organisms and other invaders. Spread throughout your body, the immune system is made up of a network of cells, tissues, and organs that work together to protect you. When your immune system senses disease-causing organisms and other substances that invade the body, it responds to fight them off. As people get older, their immune systems decline. Diseases such as cancer and diabetes can weaken the immune system. Also, medications can also weaken the immune system.

## **Food Safety: Why It's Critical for People with a Weakened Immune System**

When disease-causing bacteria, viruses, or parasites (germs) contaminate food, they can cause foodborne illness, often called food poisoning. While the food supply in the United States is among the safest in the world, it can still be a source of infection.

According to the CDC, 48 million persons — or 1 of every 6 people get foodborne infections each year. Of those, 128,000 are hospitalized, and 3,000 die from their foodborne illness. People who have a weakened immune system have a higher risk for food poisoning.

**Older Adults** — People 65 and older are at a higher risk for hospitalization and death from foodborne illness. This increased risk is because organs and body systems change as the body ages. The digestive system holds food longer, allowing bacteria to grow while the stomach may not produce enough acid to

limit the number of intestinal bacteria. The liver and kidneys may not properly rid the body of foreign bacteria and toxins. Between 50 and 60, the immune system in most people begins to decline. After age 75, many adults have an immune system so weakened that their risk for contracting a foodborne illness increases while the ability of their bodies to fight the infection is lowered.

**People with Cancer** — If it spreads into the bone marrow, cancer can weaken the immune system. Also, most cancer patients undergo therapy such as radiation, chemotherapy, and/or medications to help fight the disease. A side effect of these treatments is that they may weaken the immune system, making patients more vulnerable to infections like foodborne illnesses.

**People with Diabetes** — The immune systems of the millions of people with diabetes may not readily recognize the bacteria and viruses that cause food poisoning. This delayed response places a person with diabetes at increased risk. Also, diabetes may damage the cells that create stomach acid and the nerves that help the stomach and intestines move food through the normal digestive process. As result, the digestive tract may hold on to food for a longer time, allowing harmful bacteria and viruses to multiply. In addition, diabetes may cause the kidneys, to hold on to harmful bacteria, toxins, and other pathogens.

**People with Autoimmune Diseases** — Autoimmune diseases, such as multiple sclerosis, inflammatory bowel disease, and lupus are conditions in which the immune system mistakenly attacks the body. People with autoimmune diseases are often treated with immunosuppressants, and they are more likely to get a foodborne illness because their immune systems can't fight infection effectively.

For more information: <https://www.cdc.gov/foodsafety/people-at-risk-food-poisoning.html>, <https://www.fda.gov/food/people-risk-foodborne-illness/food-safety-older-adults-and-people-cancer-diabetes-hiv-aids-organ-transplants-and-autoimmune>

# PRESSURE CANNER GAUGE TESTING

Wednesday, September 22, 2021  
10:00 AM - 12:00 PM

## RANDALL COUNTY EXTENSION OFFICE

200 N Brown Rd. Canyon, Texas 79015

Please call 806.468.5543  
to make your appointment

Pressure canner gauges need to be tested each year for accuracy. If your canner is off two lbs. in pressure you could be canning incorrectly and could possibly have botulism growing in your pantry in your home canned goods.



## HealthTalk Express

HealthTalk Express is a FUN, FAST, and FREE weekly informational health presentation on Facebook.

Visit @RandallCountyFCH to RSVP for event, join the live event or watch video later. Be sure to Like, Comment and Complete online evaluation to be entered into drawing upon the series completion .

FREE @RandallCountyFCH



12:15 PM – 12:45 PM

September 14th - Get Screened, No Excuses

September 21st - Power to Prevent Diabetes

September 28th - Pressure Down: Controlling Your Blood Pressure

October 5 - Stress: Friend or Foe



## Master of Memory

This six-lesson class series will help you understand how your memory works and what may affect your memory, identify, and use strategies to improve your memory function, and learn how medical conditions, medications, diet, and exercise, among other things, may all play a role in how your memory works.

Visit @RandallCountyFCH to RSVP for event, join the live event or watch video later. Be sure to Like, Comment and Complete online evaluation to be entered into drawing upon the series completion .

FREE @RandallCountyFCH



12:15 PM – 12:45 PM

September 13<sup>th</sup> - Am I Losing My Mind?

September 20<sup>th</sup> - Memory Strategies

September 27<sup>th</sup> - Nutrition & Memory Function

October 4<sup>th</sup> - Medications & Memory Function

October 11<sup>th</sup> - Medical Conditions & Memory Function

October 18<sup>th</sup> - Exercise for the Body & Mind



## Cooking Well with Diabetes

Cooking Well with Diabetes is a 3-week program series designed to help not only the person with diabetes, but also anyone who prepares food for those with diabetes. Participants will prepare recipes, taste their creations, and learn ways to better manage blood glucose levels and maintain overall health.

RSVP By September 13<sup>th</sup> **\$25 FEE**

5:30 PM – 7:30 PM

September 16<sup>th</sup> - Carbohydrate Foods / Sweeteners

September 23<sup>rd</sup> – Reducing Fat & Sodium w/out Reducing Flavor

September 30<sup>th</sup> – Celebrating Sensibly with Diabetes

Classes will be held at the Randall County Extension Office in the Dillehay Room.

200 N Brown Rd, Canyon, TX 79015-7300 Call (806) 468-5543 to RSVP

## Cooking Well for Healthy Blood Pressure



A little **DASH** will do you.

Cooking Well for Healthy Blood Pressure 3-week program series designed to help not only the person with hypertension, but also anyone who prepares food for those with hypertension. Participants will explore new flavors of heart-healthy meals and discover food choices within the DASH eating plan that are consistently found beneficial in reducing high blood pressure.

RSVP By October 11<sup>th</sup> **\$25 FEE**

5:30 PM – 7:30 PM

October 14<sup>th</sup> – DASHING Your Way to Improved Health

October 21<sup>st</sup> – A Virtual Grocery Store Tour

October 28th - Cooking Well for Healthy Blood Pressure with Spices and Herbs

Classes will be held at the Randall County Extension Office in the Dillehay Room.

200 N Brown Rd, Canyon, TX 79015-7300 Call (806) 468-5543 to RSVP

# TEXAS A&M AGRI LIFE EXTENSION

Panhandle Path to Healthy Living is a Family and Community Health information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.



Kelli D. Lehman

Texas A&M AgriLife Extension Service –  
Randall County, Panhandle District 1

County Extension Agent –  
Family & Community Health

<http://randall.agrilife.org/>

806.468.5543

TEXAS A&M AGRILIFE EXTENSION SERVICE  
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Canyon, Texas 79015

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## Path to Plate.....

## Carmel Apple Salad

### Ingredients:

- 3 large Granny Smith Apples, cored and diced
- 1 cup chopped celery (chopped very small)
- 1/2 cup walnuts
- 1/2 cup raisins
- 1 package (4 servings) fat-free instant butter-scotch pudding
- 2 Cups low-fat plain yogurt

### Instructions:

1. Wash your hands and clean your cooking area.
2. Wash, core, and dice apples.
3. Wash and chop celery.
4. Mix apples, walnuts, raisins and celery in a large mixing bowl.
5. In a small bowl, mix pudding and yogurt.

6. Combine the pudding mixture with the apple mixture and mix well.
7. Refrigerate for 30 minutes to 1 hour before

Prep Time: 20 minutes  
Chill Time: 30-60 minutes  
Cost per serving: \$0.31

This is a good recipe to make ahead of time and pack for lunch or a picnic.



Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 12	
Amount Per Serving	
<b>Calories 120</b>	Calories from Fat 35
% Daily Value*	
<b>Total Fat 4g</b>	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 380mg</b>	16%
<b>Total Carbohydrate 20g</b>	7%
Dietary Fiber 1g	4%
Sugars 11g	
<b>Protein 3g</b>	
Vitamin A 2%	Vitamin C 4%
Calcium 8%	Iron 2%

