

8 Thin butter cookies
1 Apple peeled and diced
1 Tbsp Brown sugar
1 tsp. Cinnamon
6 oz. Instant pudding mix
1 1/2 C cold milk
1/2 C water
lemon slice



KIDS TAKE OVER THE KITCHEN 2025



No Bake Apple Delight

Instructions:

Prepare the Apple Mixture: To prevent **oxidation** and enhance flavor, **combine** the diced apple, brown sugar, and cinnamon in a small bowl. Squeeze a bit of juice from a lemon slice over the mixture. Stir well to ensure the apple pieces **absorb** the flavor evenly. **Set** this mixture aside.

Make the Pudding: In a medium-sized mixing bowl, **combine** the instant pudding mix, cold milk, and water. Whisk together until the mixture is smooth and thick, allowing it to **set** for a few minutes as per the package instructions for optimal consistency.

Assemble the Delight: Divide the butter cookies into two sets of four. **Layer** four cookies at the bottom of a serving dish or individual dessert cups. Spoon half of the apple mixture over the cookies, spreading it evenly to ensure it is **fork-tender**.

Layer the Pudding: Pour half of the prepared pudding over the apple **layer**, making sure to cover it completely. Repeat the **layers** with the remaining cookies, apple mixture, and pudding.

Chill and Serve: Cover the dish or cups and refrigerate for at least 30 minutes to allow the flavors to meld and the dessert to firm up. Before serving, **garnish** with a lemon slice or a sprinkle of cinnamon, if desired.

Vocabulary

Match the word to the meaning

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| _____ | A chemical reaction that takes place when a substance comes into contact with oxygen. |
| _____ | Cooked until tender enough to be <u>pierced</u> or cut easily with a fork. |
| _____ | Take in or <u>soak up</u> |
| _____ | A liquid or semi-liquid mixture has become firm or thickened to a solid or semi-solid state |
| _____ | Arranging or placing different ingredients on top of one another to create distinct visual or textural layers |