

In Season:



Apple!



NUTRIENTS IN APPLES:

Vitamins: C and fiber.

SELECTION:

Choose firm, shiny, smooth-skinned apples with stems still attached. Apples should smell fresh, not musty.

STORAGE:

Refrigerate in plastic bag away from foods with strong odors (like fish), since the apples will absorb the smells. Use within 3 weeks.

QUICK FIX TIPS:

- Dip apple slices in peanut butter for a tasty, nutritious snack.
- Chop apples and sprinkle with cinnamon. Serve on top of French toast.
- Add chopped apples to coleslaw, chicken, or ham salad for a new flavor and texture.



Simple Applesauce

Prep Time: 45 minutes plus cooling time

Serves: 6

Cups of Fruits & Veggies per Serving: 1

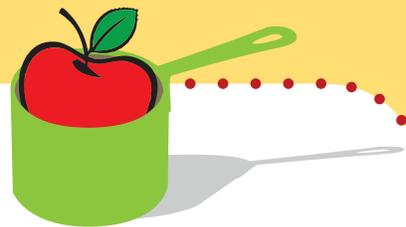
Ingredients:

- 4 large apples, any variety, preferably sweet
- ½ cup water
- ½ tsp cinnamon

Preparation:

1. Core, but do not peel apples; cut into chunks.
2. Place in pan. Add water and bring to a boil.
3. Reduce heat to LOW and simmer 25 minutes or until apples are soft.
4. Add cinnamon and cook for 5 minutes. Cool.
5. Place in blender and blend until smooth.

Note: Sweet apples will not require sugar. If tart apples are used, some sugar may be needed. Nutrition information does not include extra sugar.



Nutritional Information per Serving:

Calories:78; Total Fat:0.3g; Dietary Fiber:4g; Sodium:2mg



Recipe is courtesy of Produce for Better Health Foundation (PBH).

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