

Apples



...not just for kids



¡Manzanas no son solo para niños!

How do you eat apples?

Choose fresh, firm apples and do not peel!



- Cut apple sliced and applesauce are easy to chew for kids and for seniors.
- Add chopped or grated apples to salads, salsas, sauces, coleslaws or oatmeal.
- Low in calories, try the over 50 varieties to help maintain a healthy body weight.
- Add a little bit of lemon juice or apple cider.

Add Color!

- Visit our farmers and get to taste varieties of apples from red, green to yellow!
- One medium size apple has 80 calories and 5 grams of fiber! Nutrients are in the peel!
- Apples are fat-free, sodium-free and cholesterol free.

Add Flavor!

Add Nutrition!



How do you make applesauce?

Try mixing different varieties of apples!

Do not peel. Do not soak! Scrub apples under cold running water.

Cut washed apples into slices - then chop into very small pieces.

Serve applesauce hot or keep refrigerated until served.

Top yogurt or oatmeal with applesauce and add cranberries, raisins, or nuts.

Great for late night low calorie treat!

Ingredients

4 medium apples, diced small

¼ cup apple cider or water

1/8 teaspoon, cinammon

Yields:

4 servings (½ cup each)

Instructions

1. Add apples, cider, cinnamon, and 1/4 cup liquid to sauce pan over medium heat.
2. Cover and cook for 15 minutes. Stir often and if apples look dry add a little more liquid.
3. When apples are soft, mash them with a fork.



Inexpensive

Versatile

Delicious