

Apple



Health Benefits

- Contains fibre and vitamin C!
- Eating apples is good for heart health in many ways!

Storage

Apples can be left out at room temperature or in the refrigerator. Storing apples in the refrigerator will keep your apples fresh longer. Apples may also be frozen and used at a later date for baking.

Preparation

Rinse well with water. Can be peeled, but is not necessary. Eat raw, as a whole or cut up and eat with your favourite fruit dip or add to salads. Remove core and seeds. Apples may also be used for baking.



Homemade Applesauce

Ingredients

4 apples, peeled, cored and chopped
3/4 cup of water
Optional 1/2 tsp of cinnamon



Directions:

1. Combine apples, water and cinnamon in a saucepan. Cover and cook over medium heat for 15-20 minutes, or until apples are soft.
2. Allow to cool, then mash with a fork.

*Recipe adapted from allrecipes.com

Tip!

Eat apples raw with the peel to get the most health benefits!