



Apples

3 Prep and cooking tips

- Apples can be eaten raw and cooked. They can be mashed into applesauce or added to desserts and salads.
- Apples can make a good snack by cutting them into slices and dipping them in peanut butter or your favorite dip.
- Prior to eating, thoroughly wash apples to remove residue.

2 Shopping and storage

- Apples can be stored at room temperature for a few days and in the refrigerator for up to three weeks.
- If sliced, store apple slices in water with lemon juice to prevent them from turning brown.

1 Nutrition Fact:

- Apples are a good source of fiber, which helps keep your digestion regular, controls blood sugar, and lowers cholesterol. Apples are also an excellent source of Vitamin C which supports healthy gums, skin and blood.

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