

Apples

Benefits of apples:

- 🍏 High in fiber
- 🍏 High in Vitamin C and potassium
- 🍏 High in antioxidants to prevent heart disease and some cancers

When are they in season?

- 🍏 It is harvested in the Midwest from mid-July through mid-October.

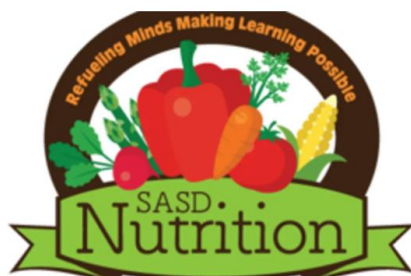
Food Safety for Apples

Wash apples with running water. Cut out damaged or bruised areas.

Store apples in the refrigerator.

Separate apples from meat. Use different cutting boards for meats and fruits.

Did you know... After an apple tree is planted it takes 2-3 years before apples are produced.



Resource:

Fruit and Vegetable Safety. (2021, January 05). Retrieved January 06, 2021, from <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>
Overhiser, A., Overhiser, S., R, C., & Name. (2020, December 26). Best Peanut Butter Dip (4 Ingredients!). Retrieved January 06, 2021, from <https://www.acouplecooks.com/peanut-butter-dip/>
Growing apples in the home garden. (n.d.). Retrieved January 06, 2021, from <https://extension.umn.edu/fruit/growing-apples#:~:text=Apple%20trees%20need%20at%20least,8%20years%20to%20bear%20fruit.>
Pictures: Creative Commons

Elena Garcia, UWGB Dietetic Intern: January 2021

Peanut Butter Apple Dip: Serves 5

A great nutritious snack loaded with protein.

Ingredients

- 2 medium apples
- 1/2 cup vanilla Greek yogurt
- 1/2 cup peanut butter
- 3 tablespoons honey

Directions

1. Slice apples & remove core
2. Mix yogurt, peanut butter, and honey in a small bowl. Store in refrigerator up to 5 days.

Ideas: You can use any vanilla yogurt. Instead of honey, use maple syrup or sugar.



Other Ideas:

- 🍏 Applesauce
- 🍏 Apple pie
- 🍏 Apple cobbler
- 🍏 Add apples to salad