

apples

select

Choose firm, shiny, smooth apples that smell fresh.

store

Refrigerate apples in a plastic bag. Use within 3 weeks.

prepare

Rinse apples under running tap water before eating. Cut into slices and remove the core.

1 large apple =
1 cup sliced or chopped



apple spice oatmeal

- 1 cup of quick cooking oatmeal
- 2 cups of milk or water
- one apple
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1 tablespoon brown sugar
- dash of salt

- step 1** Rinse the apple, remove the core and cut into small chunks.
- step 2** Bring the water or milk to a boil in a saucepan.
- step 3** Add the oatmeal, salt, apple chunks to the boiling water or milk. Cook for 1 minute over medium heat. Stir a couple times while cooking.
- step 4** Remove from heat. Stir in the cinnamon, nutmeg and brown sugar.

Makes 3 servings - One serving (1 cup made with water) has 215 calories, 3 gm fat, 116 mg sodium and 6 gms fiber.



baked apple chips

Apple chips smell delicious when baking and **kids love them!**

2 large apples

- step 1** Rinse apples and cut into thin slices. Cut out the core with a cookie cutter. *"The thinner you cut, the crunchier they will be"*
- step 2** Arrange apple slices in a single layer on parchment lined baking sheets. Sprinkle lightly with cinnamon sugar.
- step 3** Bake in a 200° oven for about 2 hours, or until apple slices are dry and crisp. Flip apple slices over after the first hour.
- step 4** Remove from oven and cool. Store in air tight container for up to 3 days.

Makes 2 servings - One serving (12 chips) has 72 calories, 0 gms fat, 0 mg sodium and 3 gms fiber.



There are probably 10 to 20 different types of apples at your local Farmers' Market or Orchard. Many farmers offer free samples - try a taste.

What is your favorite apple?