



APPLES

Delicious and Nutritious

Not only are they an easy and tasty snack, apples are also packed with important nutrients. One medium apple with the skin left on provides valuable fiber, Vitamin C, antioxidants, water, and many other vitamins and minerals. It also provides 1 1/2 cups of fruit, almost reaching the daily recommended 2 cups of fruit.

Buying and storing

BUYING: Look for apples that are firm and without bruises or soft spots. Check the top and bottom of the apples for bruising and mold. Avoid apples that have shriveled skin.

STORING: Do not wash apples until ready to eat. Apples should be stored in the refrigerator. Keeping apples at room temperature will allow them to get mushy more quickly.

Preparing and cooking

PREPARING: Rinse apples in cool water. While browning is a natural occurrence once cut, it does not change the taste or quality of the apple. If preferred, dip apple slices into a mix of 1 part lemon juice and 3 parts water before storing to reduce browning.

BAKING: Baked apple dessert: Scoop out the core of each apple without cutting all the way through. Stuff each apple with a little brown sugar, cinnamon, and butter. Bake in 350°F oven for 15 minutes.

MICROWAVING: Core the apples. Cut into pieces and put in a microwave-safe dish with a little water. Cook about 3 to 5 minutes.

Ways to enjoy apples

- Fresh apples are a great snack or dessert.
- Dip apple slices in peanut butter or serve with whole grain crackers and cheese for a quick and easy snack.
- Add chopped apples to fruit salads or green salads.
- Add to cold or hot whole grain cereal.
- Add thin slices to sandwiches.
- Add to smoothies.
- Make apple chips: Slice apples very thin, spread out on a baking sheet, and cook at 200°F for about an hour.
- Stir grated apples into waffle or pancake batter and cook as usual.
- Use as part of yogurt parfaits.



Apples Smiles

Slice an apple into wedges. Spread one side with peanut butter. Top with raisins or small marshmallows for teeth. Place another apple slice on top.



Easy Homemade Applesauce

Yield: 6 Servings | Serving Size: 3/4 to 1 Cup

6 apples, peeled, cored, and chopped

2 teaspoons cinnamon (or to taste)

1 cup water

Sugar (optional – up to 1/8 cup)

1. Place all ingredients in a pot on the stovetop and bring to a boil. Reduce heat to simmer and cover with lid.
2. Simmer apples for about 20 minutes or until soft. The smaller the pieces of apple, the faster the cook time. Cooking time may be quite a bit longer than 20 minutes, depending on the type of apple. Apple pieces will be easily pierced with a fork when ready.
3. Remove from heat and mash with a potato masher for chunkier applesauce or put in food processor or blender for smoother texture.

Nutrition Facts	
6 servings per container	
Serving size	3/4 cup to 1 cup (203g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	18%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0mg	0%
Potassium 198mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Apple Wrap

Yield: 4 Servings | Serving Size: 1/2 wrap

1 large apple, cut into small cubes

1 medium, ripe banana, cut into slices

2 Tablespoons peanut butter

2 whole wheat tortillas

1. Spread peanut butter over one side of tortillas.
2. Place apple and banana slices over peanut butter.
3. Tightly roll each tortilla. Cut each wrap in half.
4. Chill in refrigerator until ready to serve, up to 24 hours.

Nutrition Facts	
4 servings per container	
Serving size	1/2 wrap (117g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 1mg	6%
Potassium 225mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.