

# APPLES

## QUICK TIPS

- Squeeze lemon juice over cut apples to keep them from turning brown.
- Carry an apple with you for a quick snack.
- Serve sliced apples with peanut butter or slices of cheese.
- Remember to rinse all fruits and vegetables before using.

## KEY POINTS

- For the best buy, choose firm apples that have smooth, bright skins with no bruises.
- To prepare fresh apples, rinse and remove stems.
- To store fresh apples, put them in a plastic bag and keep in the refrigerator for 3 to 4 weeks.
- Apples contain fiber which helps to keep you regular.

## APPLESAUCE (Makes 6 Servings)

### INGREDIENTS:

- 6 Apples

### DIRECTIONS:

- Peel and core apples. Cut apples into large chunks.
- Place apples and 1 cup of water into a medium pot.
- Bring apples to a boil over high heat, stirring often.
- Turn heat to medium and simmer the apples for 30 minutes or until the apples are very soft. Stir often.
- The applesauce may be left lumpy or mashed with a fork to become smoother.
- May be served warm or chilled.
- Refrigerate leftovers.

