

# Apple

## Did you Know?

- Apples come in all shades of reds, greens, and yellows.
- Don't peel your apple. Two-thirds of the fiber and lots of antioxidants are found in the peel.



## Why eat apples?

- Apples have fiber. Fiber helps control your blood sugar and helps keep you full. Fiber also promotes good gut health because it is food for your gut bacteria.
- Apples have several antioxidants like quercetin, catechin, phlorizin, and vitamin C. Antioxidants fight free radical damage that can occur in the body.

## Storage Tips

- Apples can be stored on the countertop or in the fridge. Apples stored on the counter top will last up to a month. Apples stored in the fridge can last up to six months.



## Quick Prep

- Apples can be eaten raw or cooked and go great with peanut butter or cheese. Apples are also very good cooked in pies, crumbles and also made into applesauce, apple cider, or apple juice.

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## Apple and Oatmeal Bites

### Ingredients

- 1-2 apples
- 2 cups flour
- 1 cup milk (almond or dairy)
- 1/2 cup sugar
- 1/2 cup oatmeal
- 1 tsp baking powder
- 1 tsp baking soda
- 1/4 olive oil
- 1 tsp vanilla
- 2 tsp cinnamon

### Instructions

1. Pre-heat oven to 350 degrees.
2. Chop the apples into bite-size pieces.
3. Combine the flour, sugar, oatmeal, baking powder, baking soda, and cinnamon into a large bowl. Mix.
4. Add in the milk and apples. Stir until well blended.
5. Pour the mixture into a muffin pan.
6. Place in oven for 25 minutes.



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