

# Dapple



## ***Nutrition:***

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- **Dapples have a lot of fiber and vitamin C.**
- **Fiber makes you feel full faster, helps your stomach to digest better, and helps you go to the bathroom easier. Vitamin C can help stimulate the production of white blood cells.**

## ***Did you know?***

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- **Dapples are a plumcot a hybrid cross between an apricot and a plum.**
- **Dapples are also known as Dinosaur fruit or Dinosaur Eggs**
- **Dapples are considered a freestone fruit where the fruit separates from the stone.**
- **Dapples come in several varieties from greenish-yellow to maroon and yellow.**

## ***More:***

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- **Store your dapples away from fruits such a bananas the will overripen quickly.**
- **Store at room temperature and they are ripe when they give to gentle pressure.**
- **Dapple's season runs from June through August.**

