

FOOD FACTS

Apples



NUTRITION

- Apples are an excellent source of fiber and polyphenols
- Good source of vitamin C and potassium
- 1 medium apple is the equivalent of 1.5 cups of fruit and offers 4 grams of fiber, most of which is in the skin
- Contain both soluble and insoluble fiber, with soluble fiber being known for its health benefits partly due to feeding friendly gut bacteria

PREPARATION & STORAGE

- Whole fruit will last longer than processed, especially tart varieties with thick skins
- Handle with care—they can bruise easily, and a rotting apple will affect the storage life of those around it
- Store whole apples between 30-35F for 6-8 weeks in the refrigerator crisper drawer, or drizzle cut apple with lemon juice and place in the refrigerator in an airtight container

Baked Cinnamon Raisin Apples

Ingredients:

3 cups	apples (Granny smith, Braeburn, or Honeycrisp are great varieties for baking)
1 Tbsp	lemon juice
3 Tbsp	Butter
1 Tbsp	Cinnamon
½ cup	Raisins
¼ cup	Brown Sugar (light or dark, your preference)



Directions:

Preheat oven to 350°F. Peel, core, and dice apples. Drizzle apple chunks with lemon juice to keep from browning. Melt butter in a small saucepan over low heat or in the microwave. In a mixing bowl, toss apples with melted butter, cinnamon, raisins and brown sugar. Transfer to a baking dish and bake for about 20 minutes, or until apples are tender but not overcooked.