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.

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