SNAP DRAGON APPLES

DID YOU KNOW?

- Snap Dragon apples are good for fresh eating, salads, and baking, and are a good source of fiber and vitamin C. You can find them typically from late September through January.
- SnapDragon apples are medium to large fruits with a round to conical, slightly tapered shape. The skin is smooth, glossy, lightly ribbed, and firm with a yellow base hue, covered in a dark red blush and prominent tan lenticels.
- SnapDragon apples are a good source of fiber, which helps regulate digestion and are high in vitamin C, an antioxidant that strengthens the immune system, boosts collagen production, and reduces inflammation.

FUN FACT!

SnapDragon apples were marketed to consumers in 2018 through a launch party in New York City through Crunch Time Apple Growers.



@fcsnutrition

facebook.com/fcsnutrition

Visit **fcsnutrition.com** for menus and more info!

USDA is an equal opportunity provider, employer, and lender.