

Apples

Taste!
York Fresh Food Farms

Grown by us. Prepared by YOU.

Apples are full of vitamin C and fiber! Be sure to eat the skin!

- **CHOLESTEROL-FREE**
- **LOW FAT**
- **HIGH FIBER**

CHOOSE: Pick apples that are firm, bright, and smooth with no bruises. Since apples come in different flavors and textures, choose the right type for eating raw or cooking:

For Cooking: Granny Smith and Pink Lady are great choices.
For Eating Raw: Try Gala or Honey Crisp.

STORE: Keep apples in the fruit drawer of your refrigerator.

PREPARE: Wash the apples well and remove the core. You can peel them if you like but you don't have to.

EAT: Eat apple slices plain or with a dip, like peanut butter.

Add chopped apples to your favorite salads.

Mix apples with brown sugar and cinnamon. Bake them at 400°F for 25 minutes or until the apples are soft.

To make applesauce, mash the baked apples with a blender, food processor, or potato masher until they are as smooth or as chunky as you like.

0.3g

FAT

95

CALORIES

.5g

PROTEIN

4g

FIBER

25g

CARBS

*Per 1 medium apple

Easy Applesauce

INGREDIENTS:

- 5-8 lbs of apples
- Sugar, to taste
- Cinnamon, optional
- Pinch of salt

INSTRUCTIONS:

- 1 Wash then cut apples into evenly-sized chunks. No need to peel or core.
- 2 Place apples in a slow cooker. Cook on high for 1 hour, then low for 8-10 hours.
- 3 Once apples are soft and falling apart, allow them to cool.
- 4 Push apples through a mesh strainer or sieve placed over a bowl.
- 5 Add salt, sugar and cinnamon to taste. A squeeze of lemon juice can add some brightness to the sauce.
- 6 Store in refrigerator and use within 2 weeks.

**This is a great way to use "seconds" or an abundance of apples!*

