

# APPLES



## TRY THIS

- Add chopped apples to cereal, oatmeal, or salads.
- Top sliced apples with nut butter for a quick snack.
- Add sliced apples to sandwiches such as grilled cheese, turkey, chicken, tuna, or ham and cheese.

## BUYING AND STORING

- Select apples that are firm with no nicks or bruises.
- Store in the refrigerator for up to six weeks.
- Wash all fresh fruits and vegetables before using.

# MICROWAVE CINNAMON-BAKED APPLES

Time: 15 minutes | Makes: 4 Servings | Serving Size: About ½ cup

Nutrition Information Per Serving: Calories 76, Carbohydrate 20g, Dietary Fiber 4g, Protein 0g, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 1mg

## INGREDIENTS

3 medium apples, sliced

2–3 tablespoons water

1 teaspoon cinnamon

1 teaspoon sugar

Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.



## INSTRUCTIONS

1. In a microwave safe bowl, add all ingredients and mix to combine.
2. Microwave on high for 4 minutes.
3. Serve immediately, or cover and chill in the refrigerator to serve cold later.

## CHANGE IT UP

- Instead of cinnamon, use pumpkin pie or apple pie spice.
- Add 2 teaspoons of vanilla extract or fresh orange juice for extra flavor.
- Add ¼ cup chopped raisins, dates, or dried cranberries, halfway through the cooking time.

