

HARVEST OF THE MONTH: APPLES



NUTRITION FUN FACTS:

- Apples are a great source of fiber, which helps you feel full and keeps your digestive system working well. Keep the peel on for the most fiber!
- A good source of vitamins, apples provide 14% of your daily vitamin C intake! They also provide potassium, beta carotene, and folate.

Fun snack ideas!

HOW TO EAT APPLES:

1. Dip an apple in any nut or seed butter for a healthy, delicious, protein-rich snack!
2. Go apple picking! Eating apples fresh off the tree is a great experience for everyone!
3. Cook extra apples with spices and sugar for a delicious applesauce!

Pick the yummiest!

THINGS TO LOOK FOR:

1. Look for apples that are firm and do not have bruises or soft spots.
2. Store apples at room temperature for up to a week, or store them in the refrigerator for up to three months.

BEST TIME TO EAT:

AUGUST -
FEBRUARY



UNC Center for Health Promotion and Disease Prevention

RECIPE: APPLE OATMEAL MUFFINS

DIRECTIONS

1. Preheat oven to 400 degrees F
2. Place 6 cupcake holders in a baking tin.
3. In a mixing bowl, add milk and applesauce. Stir until blended.
4. Stir in flour, oats, sugar, baking powder, and cinnamon. Mix until just moistened.
5. Gently stir in the chopped apples.
6. Spoon the batter into cupcake holders.
7. Bake for 15-20 minutes, or until an inserted toothpick comes out clean.
8. Cool in the pan for 5 minutes before serving.

INGREDIENTS

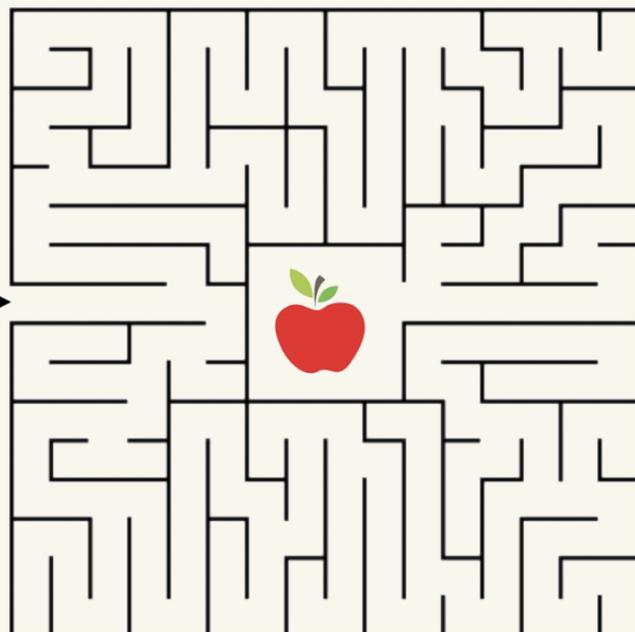
Makes 6 muffins:

- 1/2 cup non-fat milk
- 1/3 cup applesauce
- 1/2 cup all-purpose flour
- 1/2 cup quick-cooking oats
- 1 cup sugar
- 1/2 tablespoon baking powder
- 1/2 teaspoon ground cinnamon
- 1 tart apple, cored and chopped

[HTTPS://WWW.CHOOSEMYPLATE.GOV/RECIPES/SUPPLEMENTAL-NUTRITION-ASSISTANCE-PROGRAM-SNAP/APPLE-OATMEAL-MUFFINS](https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-oatmeal-muffins)

ACTIVITY: APPLE PICKING

Picking apples with friends or family is a fun way to taste the crisp, sweet flavors of fall! Can you find the way to the middle of the apple orchard to pick the juicy apple?



APPLE IMAGE DESIGNED BY KATEMANGOSTAR AT FREEPIK.COM
BASKET IMAGE DESIGNED BY STOCKGIU AT FREEPIK.COM
MAZE CREATED BY PUZZLEMAKER AT DISCOVERYEDUCATION.COM