



WIC...

**Healthy Habits,
Healthy Families**

Apples

Apples are a good source of fiber. Enjoy apples for snacks, diced in a salad or baked with cinnamon.

*Look for
North Carolina
apples
from August
to February.*

Buying fresh apples...

- Select firm, crisp, well-colored apples.
- Do not pick apples that are too ripe or discolored.

Storing fresh apples...

- Keep apples in a plastic bag in the refrigerator away from foods with strong odors.
- Use apples within 6 weeks.

Enjoying fresh apples...

- Wash apples with soap and rinse well with water just before eating or using.
- Fix apple dishes just before serving to keep them from turning brown.
- To keep cut apples from turning brown, dip them in a mixture of one part lemon juice and three parts water.

**Fruits &
Vegetables**



Eat more fruits and vegetables.

Increase fiber.

Chunky Applesauce

www.bestapples.com

This recipe uses a fruit you can buy with your cash-value vouchers.

Makes
8
servings

Ingredients...

- 4 pounds Golden Delicious apples
- $\frac{2}{3}$ cup sugar
- 1 cup water
- 3 tablespoons lemon juice
- 1 teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon ground nutmeg
- $1\frac{1}{2}$ teaspoons vanilla extract

Directions...

1. Peel and core apples. Cut into quarters. Put apples in a large pot. Sprinkle sugar over apples. Mix lemon juice and water. Pour over apples, stir gently.
2. Bring apples to a boil. Cover and reduce heat to low. Cook about 15 to 20 minutes or just until apples are soft, but not mushy.
3. Stir in cinnamon, nutmeg and vanilla.
4. Mash apples with a potato masher. The applesauce will be chunky.
5. Serve warm or cool.

Nutrition information...

Calories 170, Fat 0g, Carbohydrate 46g, Protein 1g, Fiber 4g, Sodium 5mg, Cholesterol 0mg.

Family Goals

- My family and I will try apples for a snack.
- My family and I will try an apple recipe.
- My family and I will try apples with peanut butter.
- My family and I will try diced apples in hot cereal.
- Other _____



North Carolina Department of Health and Human Services
Division of Public Health • Nutrition Services Branch
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