

# All About Apples



## Did you know??

- 2,500 varieties of apples are grown in the United States
- It takes the energy from 50 leaves to produce one apple
- Apples are fat, sodium, and cholesterol free
- Apples ripen six to ten times faster at room temperature than if they were refrigerated

<https://web.extension.illinois.edu/apples/facts.cfm>

## Some Important Nutrients:

**Fiber-**One apple has 5g of fiber; 2/3 of the fiber is found in the peel. Good for digestion and heart health.

**Antioxidants-** Many antioxidants are found in the apple and peel. They help protect us from chronic diseases such as cardiovascular disease, cancers and Type 2 Diabetes.

<https://www.uhealth.org/today/wp-content/uploads/sites/6/1970/01/Antioxidants-of-Apples.pdf>

Prepared by Karen Caplan  
For Pillar Care Continuum  
Images courtesy of yahoo search

# Recipe

## Oatmeal with Roasted Apples

1 apple, any variety. Core then slice into small pieces

or grate. Peel if you prefer.

1 Tablespoon butter cut in small pieces

1 Tablespoon brown sugar

Cinnamon to taste, approximately  $\frac{1}{4}$  teaspoon

Sea salt to taste

1 cup Quaker quick 1-minute oats or similar

1  $\frac{3}{4}$  cups liquid either milk, water or cider

### Preparation:

Preheat oven to 400 degrees. Cut apple in half and core. Peel if desired. Slice apple into the size of slice you would like to eat or grate if you need a finer texture. Put apple in oven-proof dish and put butter on top. Top with brown sugar. Sprinkle cinnamon to taste. Add a sprinkle of sea salt. Bake for 12 minutes or until cooked to desired tenderness.

While apple is baking, start cooking oatmeal. Pour the liquid in a small saucepan and boil. Add oats and stir and then reduce heat to medium. Continue to stir for about a minute and turn off heat.

Mix apple mixture and oatmeal together and enjoy!

Both steps above can be done ahead of time and refrigerated for up to a week. Heat to warm before serving.

Serves 2

### Other ideas for apple lovers:

- Spoon the warm roasted apples on vanilla ice cream or frozen yogurt for a sweet treat.
- Slice an apple into desired thickness and spread a nut butter on it.
- Take a tortilla and add thinly sliced apple and shredded low-fat cheese of choice. Put another tortilla on top and toast or cook in a pan. Slice into triangles.
- For a delicious smoothie blend a  $\frac{1}{2}$  apple,  $\frac{1}{2}$  banana,  $\frac{1}{2}$  cup yogurt,  $\frac{1}{2}$  cup milk and  $\frac{1}{2}$  teaspoon vanilla extract, sprinkle cinnamon or nutmeg to taste.