

# FRUIT/VEGETABLE OF THE MONTH!

## NOVEMBER'S FEATURED FRUIT IS THE APPLE

### APPLE FACTS:

Apples are one of the most popular fruits. They are exceptionally nutritious, with many health benefits.

Apples come in many shapes, colors, and flavors. There are over 7,500 varieties grown worldwide with more than 2,500 grown in the U.S. alone. They are America's second favorite fruit, second only to bananas.

The apple is the official fruit of six states: Minnesota, New York, Vermont, Washington, West Virginia, and Illinois!

The heaviest apple ever recorded weighed 4 pounds and was picked in Japan in 2005.



### WAYS TO ENJOY APPLES:

Apples can be eaten raw, chopped in salads, dried in slices, added to smoothies, and as juice or cider.

You can also bake them in pies, pastries, and cakes, cook in curries, chutneys and applesauce.

Apples can even be included in Thanksgiving dinner as dressing/stuffing, applesauce or as a simple decoration!

### RECIPE: APPLESAUCE

Total time: 30 mins  
Yield: 2 Servings

#### Ingredients

- 2 medium apples, peeled, cored, and chopped into bite-size pieces (sweet apples are best)
- 1/4 tsp ground cinnamon
- 2 to 3 Tbsp water
- 1 tsp lemon juice or apple cider vinegar (for preserving / keeping fresh longer)
- 1 to 2 tsp maple syrup (or other sweetener of choice // optional)

#### Instructions

1. Add peeled chopped apples, cinnamon, water and lemon juice to a medium saucepan and stir.
2. Cover & cook over medium heat until it simmers, then reduce heat to low /medium-low and continue cooking until the apples are very tender and slightly caramelized (15-20 min) . Stir occasionally.
3. Use the back of a fork, or potato masher to mash into a loose sauce. You could also blend in a blender for smoother texture (optional).
4. Add a dash of maple syrup/sweetener of choice to sweeten (optional – depends on sweetness of your apples).
5. Enjoy fresh, or store cooled leftovers in the refrigerator up to 4-5 days, or in the freezer up to 1 month. Eat cold or reheated in the microwave or on the stovetop over low heat until hot (add more water if dry).

### HEALTH BENEFITS OF EATING APPLES:

- Good source of fiber, vitamin C, & folate
- May aid weight loss
- Can lower the risk of heart disease and stroke
- May lower the risk of Type 2 diabetes
- Helps decrease the risk for certain cancers
- May help protect against asthma
- May promote bone health & preserve bone mass as you age
- May prevent memory decline

