

APPLES



HOW TO USE

Slice them thinly and add them to a sandwich for some extra crunch; Chop them into bite-sized pieces and add them to a fruit salad, green salad, or tuna salad; Slice apples, top them with a small amount of cinnamon and butter, then bake them in the oven or micro-wave for a tasty dessert.

HELPS SUPPORT

Digestion, immune system.

HOW TO STORE

Keep apples in a plastic bag in the refrigerator for up to 3 weeks.

FRUIT YOGURT DIP

Serves: 4

Preparation time: 5 minutes

INGREDIENTS

- Apples, bananas, berries, or other fruit for dipping
- 1 cup nonfat plain yogurt
- 1 tablespoon honey
- ¼ teaspoon ground cinnamon

Optional: ½ cup peanut butter or other nut butter



Photo: Share Our Strength's Cooking Matters®

INSTRUCTIONS

1. Wash all fruit and slice it into bite-sized pieces.
2. In a medium bowl, combine the yogurt, honey, cinnamon, and nut butter (optional).

Adapted from Share Our Strength's Cooking Matters® www.CookingMatters.org