

APPLES



PREPARATION

- Wash and dry apples well before cooking or eating.
- Cut into wedges.
- Grate for salads and breakfast toppings.

ADD FLAVOUR

- Apples are a quick and tasty snack eaten raw or as part of a fruit platter.
- Top breakfast cereal with stewed apple and cinnamon.
- Serve sliced or grated apple with low fat yoghurt for dessert.

STORAGE

- In a cool, dry place or in the refrigerator.
- Stewed apples can be frozen and stored for later use.

VEGE UP

- Add grated or sliced apple to coleslaws and salads.
- Combine with chopped bananas, pears and canned peaches (in juice) for a fruit salad.
- Combine grated apple, carrot and low fat Edam cheese for school lunchboxes.
- Cut into wedges and serve with peanut butter or cheese as a snack.

COOKING

- Stew: Peel and slice apples and place in saucepan with water to cover about 1/3 of the fruit.
- Simmer until apples are soft, adding a little more water if necessary.
- Combine slices with cinnamon and oil and cook through (great breakfast topping).