

Fruit & Vege Co-op



Apples

STORAGE	PREPARATION
In a cool, dry place or in the refrigerator.	Wash and dry apples well before cooking or eating.
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none">- 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.	<ul style="list-style-type: none">- 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.

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.

RECIPE: Apple Crumble (Serves 6)

- 1 cup rolled oats
- 1 cup flour
- ¼ cup sugar
- 4 tbsp margarine
- 1 tsp ground cinnamon (optional)
- 8 medium apples, sliced



FACT: Apples contain vitamin C and fibre, making them a great snack or dessert base.

1. Preheat oven to 180 degrees.
2. Mix rolled oats, flour, sugar and cinnamon together.
3. Rub the margarine into the flour and oat mixture using clean fingers or a knife to make a crumbly mixture.
4. Place apples in an ovenproof dish. Sprinkle crumble mixture over fruit.
5. Bake for 30 minutes or until the topping is well browned and the dish is heated through.

Variations

- Substitute apples with fresh pears, peaches or feijoa's or add a combination of fruit.
- Use canned, stewed or frozen fruit such as peaches, berries or apples if fresh fruit is not available.

All recipes are available on our website by visiting www.rph.org.nz > Nutrition > Fruit and Vege Co-op