

# APPLES

## IN SEASON

July - October

## HOW TO SELECT

Choose apples that are firm to the touch. Avoid apples with bruises.

## HOW TO STORE

Apples will stay fresh on the counter up to 1-2 weeks or can be refrigerated in a plastic bag up to 3 weeks.

## HELPFUL TIPS

Enjoy unpeeled apples to get the most nutritious bang for your buck. About 1/3 of the fiber is in the peel! Eat apples at room temperature for sweeter flavor.



**ONIE PROJECT**





# WALNUT OAT APPLE CRISP

APPLES



## Nutrition Facts

8 servings per recipe  
Serving size 1/8<sup>th</sup> recipe (165g)

Amount per serving  
**Calories** **120**

% Daily Value\*

**Total Fat** 2g 3%

Saturated Fat 0g 0%

*Trans Fat* 0g

**Cholesterol** 5mg 8%

**Sodium** 150mg 7%

**Total Carbohydrate** 21g 8%

Dietary Fiber 2g 7%

Total Sugars 3g

Includes 0g Added Sugars 0%

**Protein** Xg

Vitamin D 0mcg 0%

Calcium 53mg 4%

Iron 1mg 6%

Potassium 609mg 15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

15 MIN | SERVES 2

## INGREDIENTS:

- 1 **APPLE**, sliced (leave peel on for fiber)
- 1/2 lemon, juiced
- 2 Tbsp chopped walnuts
- 1/4 cup rolled oats
- 2 tsp cinnamon
- 2 tsp honey, warmed (microwave 10 seconds)
- 2 tsp unsweetened applesauce

## PREPARATION:

1. Preheat oven to 425°F with rack close to top.
2. In a large bowl, toss apples with lemon juice. Add walnuts, oats & cinnamon. Toss to combine.
3. In a small bowl, mix honey & applesauce. Pour over apple & oats mixture evenly. Bake 7-10 minutes or until golden-brown & apples reach desired tenderness.