

# Apples

## Key Points

- For the best buy, choose firm apples that have smooth, bright skins with no bruises.
- To prepare fresh apples, rinse and remove stems.
- To store fresh apples, put them in a plastic bag and keep in the refrigerator for 3 to 4 weeks.
- Apples contain fiber which helps to keep you regular.



## Applesauce

### Ingredients:

6 apples

### Directions:

1. Peel and core apples. Cut apples into large chunks.
2. Place apples and 1 cup of water into a medium pot.
3. Bring apples to a boil over high heat, stirring often.
4. Turn heat to medium and simmer the apples for 30 minutes or until the apples are very soft. Stir often.
5. The applesauce may be left lumpy or mashed with a fork to become smoother.
6. May be served warm or chilled.
7. Refrigerate leftovers.

**Makes 6 servings.**

## Apple Pancakes

### Ingredients:

3/4 cup complete pancake mix  
1 tablespoon vegetable oil  
2 apples, cored and thinly sliced

### Directions:

1. In a small bowl, combine the pancake mix with 1/2 cup of water. Mix until batter is smooth.
2. In a large frying pan over medium heat, heat 1/2 tablespoon of the oil.
3. Dip 4 or 5 apple slices into the pancake batter. Place apple slices onto the frying pan.
4. Cook the apple pancakes until bubbles appear on the surface of the pancakes, about 3-5 minutes.
5. Flip the pancakes and cook 2 or 3 minutes more.
6. Repeat with the remaining oil, apples and pancake batter.
7. Serve warm and enjoy!
8. Refrigerate leftovers.

**Makes 2 servings.**

## Quick Tips

- Squeeze lemon juice over cut apples to keep them from turning brown.
- Carry an apple with you for a quick snack.
- Serve sliced apples with peanut butter or slices of cheese.
- Remember to rinse all fruits and vegetables before using.

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