

Health Tip of the Month

Fall is for Apples!

Looking for great taste, healthy eating, and affordable variety?

Try New York State apples this fall.

Apples are rich in Vitamin C and Potassium, high in fiber, and low in calories.

Replace your high calorie afternoon snack.
Make the better choice.
Grab an apple!

Cook apples into sweet flavorful applesauce for a fun healthy treat!

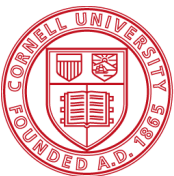


Chunky Applesauce

4 medium apples (any varieties)
1/4 cup apple cider (optional)
1/8 teaspoon cinnamon
water as needed

1. Scrub your favorite varieties of apples and dice them into small pieces, leaving the skins on.
2. Add apples, cider, cinnamon and 1/4 cup water to a deep fry pan or saucepan. Stir ingredients together, cover the pan, and cook mixture over low to medium heat for about 15 minutes.
3. Stir mixture often so apples don't stick to the bottom of the saucepan. Add water as needed, but no more than 1/4 cup at a time.
4. Use the back of a large spoon to mash into desired consistency.

Serve warm or cold.
Top with dried fruits, nuts and low fat yogurt.



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Worksite Wellness Initiative: by Katie Casto Hynes, Dietetic Intern
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