

Fresh Tips Card



Trivia

What will happen if you keep apples at room temperature?

They to get mushy more quickly

100 calories per serving	Total carbohydrates
Total fat 0 g	Cholesterol 0g
Sodium 0g	Fiber 4g
Sugars 19g	Protein 0g
Vitamin A 2%	Calcium 2%
Vitamin C 14%	Iron 2%

- Consuming fresh fruits and vegetables can prevent long term chronic health problems.
- Fresh apples are a great snack or dessert, eaten whole or sliced.
- Dip apple slices in peanut butter or serve with crackers and cheese for a quick and easy snack.
- Fresh apples make delicious baked fruit desserts, such as breads, muffins, cobblers, and crisps.
- Apples are delicious baked alongside pork or poultry or chopped into stuffing or sauces.
- To prevent sliced apples from browning, dip into a mix of 1 part lemon juice and 3 parts water.

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100 calories per serving	Total carbohydrates 25 g
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Sodium 0g	Fiber 4g
Sugars 19g	Protein 0g
Vitamin A 2%	Calcium 2%
Vitamin C 14%	Iron 2%

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Make sure to pick up a recipe card at Redner's

Palmer Home Foundation