

APPLES



NUTRITION BENEFITS

- Fiber: helps reduce cholesterol levels and may lower your risk of heart disease.
- Low in sodium: may help reduce high blood pressure.



STORING

Store in refrigerator in sealed plastic bag for up to 3 weeks. Keep away from strong smelling foods like onions.



CLEANING

Rinse apples under cool running water before eating.



PREPARING

- Eat whole or cut into slices.
- Spread 1T peanut butter on a whole wheat tortilla, top with sliced apples and roll up for a filling snack or quick breakfast.

Crunchy Apple Roll-Up

Serving Size: 1/2 roll-up
Serves: 2

Ingredients

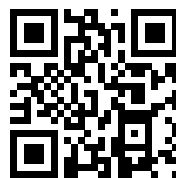
- 1/2 medium apple
- 1 tablespoon peanut butter
- 1 whole wheat tortilla
- 2 to 3 tablespoons crispy rice cereal

Instructions

1. Chop apple into small pieces, slice thinly, or shred with grater.
2. Spread peanut butter in a thin layer over tortilla.
3. Spread apple pieces in an even layer over peanut butter.
4. Sprinkle with cereal.
5. Roll up tightly and cut in half.

Tip

- Great as a snack or for lunch or breakfast!



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