

Apple Nutritional Facts

One raw, unpeeled medium-sized apple contains:

- **Calories: 52**
- **Water: 86%**
- **Protein: 0.3 grams**
- **Carbs: 13.8 grams**
- **Sugar: 10.4 grams**
- **Fiber: 2.4 grams**
- **Fat: 0.2 grams**

Apples are one of the most popular fruits in the world. Apples are **pome fruits**, along with pears, loquats, and medlars, which are all part of the **Rose** family.

Apples are high in fiber, antioxidants, and Vitamin C. The **fiber** in apples helps lower blood sugar levels and benefits digestive function. Eating apples can support **healthy weight loss**. At only 52 calories for a medium-sized apple, apples can keep you satiated and less likely to overeat.

Easy Apple Muffins

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- ¼ cup white sugar
- ½ teaspoon ground cinnamon
- ½ teaspoon salt
- 1 cup milk
- 1 egg, beaten
- ¼ cup butter, melted
- 1 cup apple - peeled, cored, and chopped



1. Preheat oven to 400 degrees F (200 degrees C). Lightly grease 12 muffin cups or line with paper muffin liners.
2. Stir together flour, baking powder, sugar, cinnamon and salt. In a separate bowl, stir together milk, egg and butter. Stir egg mixture into flour mixture just until combined. Fold in chopped apples. Spoon batter into prepared muffin cups.
3. Bake in preheated oven for 20 minutes, or until a toothpick inserted into center of a muffin comes out clean.

Healthy Apple Chips

- 4 apples (crisp apples work best)
 - Parchment paper
 - Ground cinnamon
1. Preheat oven to 225F.
 2. Slice the apples as thinly as possible. Remove seeds.
 3. Line baking trays with parchment paper. Lay the apples on the tray in a single layer, as close as possible without touching.
 4. Sprinkle with cinnamon.
 5. Bake for 1 to 2 hours, until as crisp as desired



Easy Sauteed Apples

- 6 apples
- 1/3 cup maple syrup
- 1 small orange juiced
- 1 tsp. cinnamon
- 1/2 tsp. vanilla
- 1/8 tsp. nutmeg



1. Core and dice the apples. You can peel the skin off if you'd like, but most of the fiber is stored in the apple skin.
2. In a medium-sized saucepan, combine all ingredients
3. Simmer on medium heat for 10 minutes or until apples are softened and syrup thickens.
4. Serve and enjoy! This make a great dessert for the family.