# MC900441708[1]MC900441708[1]A is for Autumns Awesome *APPLES*

![MC900437042[1]]()![MC900441708[1]]()We all know fall is near when the **fresh** ***local*** **apples** start appearing on grocery store shelves and at the farmers market. Along with their sweet and juicy taste, apples offer some great health benefits in each fresh and crisp bite you take!

In each *medium*-sized apple (think tennis ball) you get... **=**

* **4** grams of ***soluble fiber***
* A ***1- cup*** serving of fruit
* Only about ***100 calories***
* Immune-enhancing ***antioxidants*** like vitamin C, and quercetin

![MM900223775[1]]()

Another *great thing* about apples- they can be *enjoyed* in several different ways

* **Dice** apples to add to mixed greens, walnuts, goat cheese, and top with a balsamic vinaigrette
* Thinly slice apples to add on top of low-fat cheddar cheese, onions, whole-grain mustard and toast between two slices of whole wheat bread
* ![MC900208966[1]]()Cook and puree fresh apples to make applesauce to eat along side a piece of lean pork or poultry
* **Core** fresh apples, add oats, a splash of maple syrup and cinnamon, and **bake** for a delicious after dinner treat
* Simply just bite into a juicy apple and enjoy as is!

Try this ***Whole Wheat Apple Muffin Recipe*** for a quick and easy snack!

**Ingredients:**

* 2 cups whole wheat pastry flour
* 1 egg
* 1 Tbsp baking powder
* ¼ cup oil
* ½ tsp salt
* ¼ cup honey or maple syrup
* 1 tsp ground cinnamon
* 1 cup tart **apples**, pared and chopped
* ¾ cup skim milk

![MC900296120[1]]()

**Preparation:**

1. Preheat oven to 375°.
2. Grease muffin tins.
3. Mix dry ingredients.
4. Mix remaining ingredients.
5. Add wet ingredients into dry ingredients and stir until slightly moistened.
6. Fill each muffin cup about 2/3 full.
7. Bake about 20 minutes until lightly browned.

***Nutrition Breakdown:*** (per muffin): 150 calories, 5 grams fat, 1gram saturated fat, 23 grams total carbohydrates, 8 grams sugar, 3 grams fiber, 4 grams protein.

*Exchanges*: 1½ carbohydrate, 1 fat.