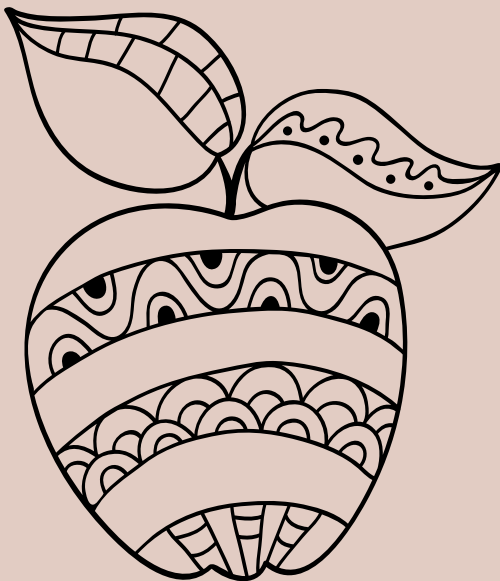


APPLES

Apples are one of the most versatile fruits. They can be a snack, side, salad or wholesome dessert. There are over 8,000 types throughout the world and said to be eaten as far back as 6500 BCE. Apples provide a good source of dietary fiber, specifically soluble fiber, which makes it a heart healthy choice. They also contain antioxidant phytochemicals which help reduce inflammation and prevent chronic disease. Apples are a delicious addition to breakfast, lunch or dinner.



1. DORM ROOM APPLE TACOS

Recipe adapted from Apple Enchiladas by Amy G. Brown, Campus Dining

INGREDIENTS

1-2 seasonal apples of your choice
(Granny Smith or Honey Crisp work well!)
¼ teaspoon cinnamon
¼ teaspoon brown sugar
¼ teaspoon coconut oil
soft corn tortillas

INSTRUCTIONS

- Step 1** Slice apple into bite size cubes (keeping fiber rich skin on apples)
- Step 2** In a microwave safe bowl, place coconut oil, cinnamon and sugar and microwave until melted.
- Step 3** Add apples and stir, full incorporating the ingredients
- Step 4** Microwave for 2 minutes, stir, and continue at 30 second increments until apples are tender.
- Step 5** Serve over warm corn tortillas

2. APPLE PIE OVERNIGHT OATS RECIPE

(serves 1) Recipe by Yummy Healthy Easy

INGREDIENTS

1/3 cup old fashioned oats
1 tbsp chia seeds (optional)
1/4 cup milk, any kind
1/4 cup plain greek yogurt
1/4 tsp apple pie spice
1/2 tsp maple syrup
apples, diced
pecans, chopped (optional)
ground cinnamon, for serving

INSTRUCTIONS

- Step 1** In a mason jar, layer oats, then chia seeds and pour milk over both. In another bowl, stir together the yogurt, apple pie spice and maple syrup. Spoon into the mason jar, on top of oats and chia seeds.
- Step 2** Place lid on jar and refrigerate for 6-8 hours. Stir mixture together.
- Step 3** Top with apples, pecans and cinnamon.