Apples





About Apples

- Apples have Vitamin A which can help your eyes and Vitamin C which can help with healing
- Apples contain fiber (2/3 of it is in the skin) which can help with gut health

Selecting and Storing

- Select apples with minimal bruising. Some apple types taste better when cooked, but most are great snacks by themselves
- Store apples in a refrigerator to extend their life

WIC Tips: Reduce apple browning by dipping slices in lemon juice

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Apple Oat Skillet Crisp

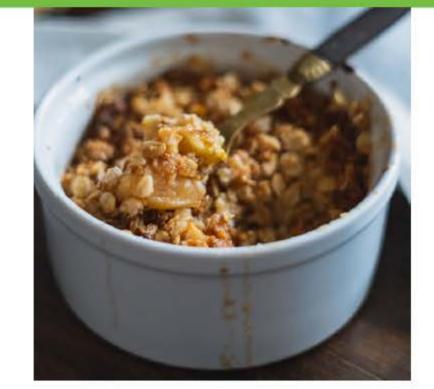
Makes: 4 servings

INGREDIENTS

- 11/2 cups oats
- 1/2 cup brown sugar
- 2-3 tablespoons olive oil
- 2 tablespoons unsalted butter (separated)
- 1/2 teaspoon cinnamon or spice mix (ginger, nutmeg, and apple spice)
- 1 teaspoon pure vanilla
- 2-3 medium apples, rinsed peeled, and diced (or sliced)

INSTRUCTIONS

- In a mixing bowl, combine: oats, brown sugar, and half of the spice mixture.
- 2. In a large skillet on medium heat, add 1-2 tablespoons of olive oil. Add oat mixture and stir.
- Next add 1 tablespoon of butter to the oats and stir until brown, for about 5-8 minutes. Remove from heat and add to a bowl.
- In the same skillet, add 1 tablespoon of olive oil, apples, vanilla, and the rest of the spice mix. Add leftover butter and stir until melted.
- 5. Remove from heat. Add to the oat mixture and stir.



Optional: Enjoy with vanilla ice cream or whipped cream