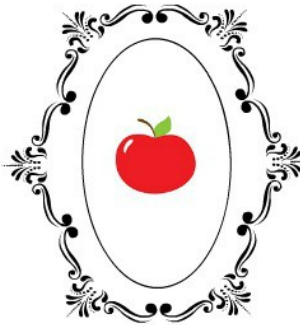
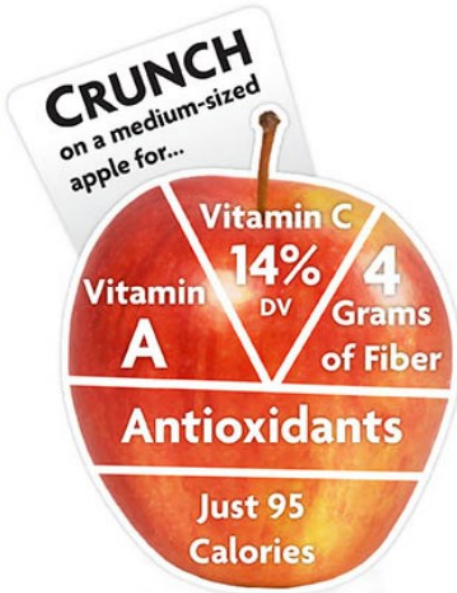




**Mirror,
Mirror
on the
wall...**



**an APPLE
is the most
delicious of
them all.**



*Photo Courtesy of
Stemilt Growers*

Apples
may help protect against:

- cognitive decline*
- heart disease & stroke*
- cancers*
- diabetes*
- asthma*

& improve respiratory function

Just One Bite

Homemade Applesauce

- 5 medium apples, peeled, cored, & sliced
- Zest of small lemon
- Juice of small lemon
- 1 tsp. ground cinnamon
- 2 Tbsp. honey
- 3/4 cup water

Combine all ingredients in a saucepan & cover. Cook for 15-20 minutes on medium or until soft and ready to smash with a potato masher. Store in a large glass mason jar and refrigerate. Makes around 3 cups.



To be used for education purposes only.
Courtesy of supermarketnutrition.com.

