

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

This institution is an equal opportunity provider

Apple Oat Skillet Crisp

Makes: 4 servings

INGREDIENTS

- 1 1/2 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

1. 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.
3. 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.
4. 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

