

## A is for Apple

January 2005

- **Apples** may not be the nutritional standout of the fruit bowl, but if an **apple** is eaten as one of the recommended two to four servings of fruit a day, it will provide you with respectable amounts of soluble and insoluble fiber, some vitamin C, beta carotene (only if you eat the peel), potassium and boron. The phytochemicals (act as antioxidants) found in apples may fight some types of cancers and help reduce cholesterol damage.
- The fiber in **apples** is one of its best nutritional assets. The edible portion of medium **apple** provides 20% of the recommended amount of fiber (5 gm). Fiber aids in digestion but may also be helpful in weight loss as it makes you feel full.
- There are about 7500 varieties of **apples** grown all over the world, and about 2500 different types grown in the United States. Each time you go to the grocery store, try a new variety.
- **Apples** are a great grab & go snack or a sweet treat for dessert. Have them washed & ready to eat at eye level in your fridge or leave on the counter in a large bowl – you will be more tempted to grab this *better choice*.
- Fresh fruit is always best but ½ cup of applesauce will also count as a serving of fruit. There are many flavors of applesauce that can complement many entrees, can be used as a quick snack, or would make a great light dessert. One serving gives you 50 calories, 2 grams of fiber, and 0 fat.

### **Honey-Apple Crumble with Dried Fruit**

1 ¾ c. apple cider  
¼ c. finely chopped dried apricots  
¼ c. dried cranberries  
½ c. nut cereal (like Grape-Nuts)  
½ c. packed brown sugar, divided  
5 Tb. All-purpose flour, divided  
1 tsp. cinnamon, divided  
3 Tb. Honey  
1 tsp. vanilla extract  
5 med. Rome apples, each peeled and cut into 8 wedges  
non-fat cooking spray

#### Directions:

Preheat oven to 350 degrees Fahrenheit. Bring cider to a boil; remove from heat and stir in apricots and cranberries. Let stand for 20 minutes. Drain dried fruit in colander over a bowl, reserving cider. Combine fruit, cereal, 1/4c. brown sugar, 1 Tb. Flour, and ½ tsp. cinnamon in a bowl. Combine 1/4c. brown sugar, 1 Tb. Flour, ½ tsp. cinnamon in a large bowl and stir in reserved cider, honey and vanilla. Add apples, tossing gently to coat. Place apple mixture in 11x7 inch baking pan sprayed with cooking spray. Top with cereal mixture. Bake at 350 degrees Fahrenheit for 55 minutes. Yield: 6-1 c. servings.

**Nutrient analysis: 267 calories, .5 gm fat, 2 gm protein, 66 gm carbohydrate, 5 gm. fiber, 79 mg sodium.**

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