



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Back-to-School from A to Z!

A is for Apple – and the fall growing season is in full swing.

Apples are a great source of vitamins A and C. They contain a healthy dose of quercetin, a powerful flavonoid with antioxidant properties, which helps protect the heart and arteries, and may help combat some cancers. So grab a bag and try them a few new ways.



There are plenty of reasons that apples are healthy for us, but kids want to know they taste good. Try these quick, yummy apple recipes that are great in a lunchbox or as an after-school snack! Make them say **“YES, PLEASE!”** by swapping their sandwich for apple “cookies”. Just core and slice an apple horizontally, then top with creamy nut or seed butter, granola and mini chips.

Or, start the day in a sweet way – the family will never know there are extra servings of fruits and veggies in this “milkshake”.

Apple – Celery Shake

Ingredients:

- 1 Granny Smith apples, peeled, cored and cut into ½-inch pieces
- 1 medium celery ribs, including leaves, peeled and cut into ½-inch pieces
- ¼ cup low-fat milk (or non-dairy alternative - like soy, almond, or coconut milk)
- ¼ tsp. vanilla extract
- A dash of almond extract
- A pinch of ground nutmeg
- 2 cups frozen vanilla yogurt



Directions:

In a blender, blend apples, celery, milk, vanilla extract, almond extract and nutmeg until smooth. Add frozen yogurt and blend again until smooth. Yields 2 servings.

Healthy Baked Apple Chips with Maple-Almond Yogurt Dip

Ingredients:

- 2 Fuji or Gala apples, thinly sliced crosswise
- 1 ½ tsps. Ground cinnamon
- 1 cup plain nonfat Greek yogurt
- ¼ cup almond butter
- 2 Tbsps. maple syrup



Directions:

1. Preheat oven to 225°F; line 2 rimmed baking pans with parchment paper. Place thinly sliced apples in a single layer on prepared pans.
2. Sprinkle cinnamon over apples; bake 2 hours or until crisp, rotating pans and turning apples once.
3. In a medium bowl, add Greek yogurt and almond butter. Mix until combined, then stir in maple syrup. Serve with apple chips.