



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

Dietitian's Dish

Appeal of Apples!

Apples are a source of carbs, but they don't cause a spike in blood sugar like other sweets with added sugars. Instead, their fiber and natural sugars provide steady energy. Apples are also full of phytochemicals and antioxidants which offer many health benefits including:

- Weight management
- Heart health
- Immune system support
- Brain support
- Gut health
- Lung protection
- Diabetes management
- Cancer prevention

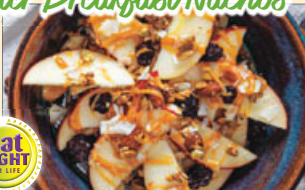
Finding simple and delicious ways to include apples in your daily menu may be key to unlocking better health.

These 5-ingredient or less options make a great start to the morning, or a tasty lunch, snack, or dessert!

Apple-Peanut Butter Breakfast Nachos

Ingredients:

- 1/4 cup unsweetened coconut flakes
- 1/3 cup creamy unsalted peanut butter
- 1/3 cup warm water
- 2 medium Fuji or Gala apples
- 1/2 cup granola
- 1/4 cup sweetened dried cherries



Directions:

1. In small skillet, toast coconut flakes over medium heat for 3 minutes or until lightly browned and fragrant, stirring frequently. Transfer to a plate to cool.
2. In a small bowl, whisk peanut butter and warm water.
3. Cut 2 medium Fuji or Gala apples into quarters; remove cores and slice 1/8-inch thick. On a serving plate, layer half the apples and drizzle with peanut butter mixture; repeat layers.
4. Sprinkle granola over nachos. Then, sprinkle cherries and toasted coconut over nachos. Makes about 5 cups (4 servings).

Apple Cookies!

Core and slice apples horizontally. Top with creamy nut or seed butter, granola, and mini chocolate chips.

A Healthy & Delicious Treat!

