



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

# Dietitian's Dish

## Keep the Doctor Away... with Apples!



Apples eaten as part of a healthy lifestyle can have significant body and brain benefits. Research has shown that nutrients in apples can help with weight loss, cancer and heart disease reduction, T2 diabetes control, asthma, cognitive health, and immunity. Eat the whole apple - pectin (soluble fiber) in the apple peel has been shown to improve gut health. Whether you add diced apple into a salad or snack on one, the benefits are the same. Start the day with protein-rich overnight oats that'll seem more like dessert than a nutritious breakfast. Create a spooky lunchbox snack or a delicious alternative to sugar-laden treats. Get creative with how you include apples into a healthier lifestyle!

### Healthy Apple Monster Mouths

#### Ingredients:

- 2 apples, cored and quartered
- 8 tps. peanut butter
- 3 Tbps. sunflower seeds
- 2 strawberries, sliced
- 1 small banana, sliced
- 16 dark chocolate chips

Recipe and image courtesy of [Healthcooks.com](http://Healthcooks.com).



#### Directions:

1. With a paring knife, cut the middles of the quartered apples to look like mouths. Spread the bottom of each of the "mouths" with about 3/4 tsp. of peanut butter. Push sunflower seeds into the top of each apple "mouth" to create "teeth."
2. Arrange a strawberry slice into the "mouth" to make the "tongue."
3. To make the "eyes," apply about 1/4 tsp. of peanut butter on the top of the apple. On each apple quarter, arrange 2 banana circles on the peanut butter and insert the chocolate chips in the center of the banana circles. Serve immediately.



### Healthy Apple Pie Overnight Oats

#### Ingredients:

- 1/3 cup old-fashioned rolled oats
- 1 Tbsp. chia seeds
- 1 tsp. ground cinnamon
- 1/2 tsp. ground nutmeg
- 1/4 tsp. ground ginger
- 1/4 tsp. pumpkin pie spice
- 1/8 tsp. ground cloves, optional
- 1 tsp. vanilla extract
- 1 Tbsp. vanilla protein powder
- 3/4 cup unsweetened vanilla almond milk
- 1 tsp. maple syrup
- 1/4 cup finely diced apples

Recipe (edited) and image courtesy of [Healthcooks.com](http://Healthcooks.com).



#### Directions:

1. In a medium mixing bowl, combine the oats, chia seeds, cinnamon, nutmeg, ginger, pumpkin pie spice and clove (if using) and vanilla extract. Mix until well combined.
2. In a separate bowl, mix the protein powder, almond milk and maple syrup. Add the milk mixture to the oat mixture and stir until well combined. Fold in the apples.
3. Transfer to a sealable Mason jar, airtight container or bowl covered with plastic wrap. Store in the refrigerator overnight.
4. The next morning, just stir, sprinkle with cinnamon and enjoy.