



TASTE OF THE SEASON...

A P P L E

Fun Facts

- Apples were one of the foods selected for the first space flight around earth.
- Apple trees take four to five years to produce their first fruit.
- 25% of an apple's volume is air. That is why they float.
- One of George Washington's hobbies was pruning his apple trees.
- It takes the energy of 50 leaves to produce just one apple.

Nutrition Facts

Serving Size 1 small 2-3/4" dia 149g (149)	
Amount Per Serving	
Calories 77	Calories from Fat 2
%	
Total Fat 0g	
Saturated Fat 0g	
Trans Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	14%
Sugars 15g	
Protein 0g	
Vitamin A 2%	Vitamin C 11%
Calcium 1%	Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Apple Muffin Squares (Yield 100 servings)

- 5 ½ Cups Sugar
- 1 Cup Soybean Oil
- 1 Cup Applesauce
- 2 tablespoons + 1 teaspoon Baking Soda
- 2 teaspoons Nutmeg
- 3 tablespoons ground Cinnamon
- 12 large eggs
- 3 quarts Flour
- 2 cups skim milk
- 1 #10 can Apples, drained



1. Stir together sugar, baking soda, nutmeg and cinnamon.
2. Combine eggs, oil and applesauce – add to sugar mixture. Mix slightly.
3. Add alternately flour and milk.
4. Add drained apple until just folded in.
5. Spray pans with vegetable cooking spray. Pour batter into pans.
6. Bake at 350 degrees for approximately 18-20 minutes in a convection oven, 30 minutes in standard oven, until golden brown.
7. Cool, then cut each pan 10 X 5 (50 pieces per pan).

Storage Tips:



- Keep apples cool after picking. A cool basement is ideal.
- Don't wash apples until just before using.

Picking Tips:

Select firm, bruise-free apples. The color can be anything from dark green, to yellow, pink, orange, bright red, dark red or even a combination. Color is not really how you tell when an apple is ripe. Apples should be crisp and firm.

A few quick serving ideas—

- ❖ Dip apple wedges into your favorite fruit yogurt or peanut butter
- ❖ Add some sliced apples to your tuna, chicken or green salad for additional crunch and sweetness.
- ❖ Add apples to your breakfast muffin or waffles.

Eating '5 to 9 a Day' can be a simple lifestyle change with big benefits to your health.



Did you know?

Honeycrisp was recently named the Minnesota State Fruit in 2006. This honor was bestowed for several reasons: 1) It is a great tasting apple. 2) It is a very popular apple. 3) It helped revive a declining apple growing industry and brought much needed revenue to small to medium sized, family-run orchards.