

FEBRUARY IS APPLE MONTH

Did you know that BC produces over 300 million apples a year with most of them grown right here in the Okanagan? That's 60 apples for every person in BC. With such abundance it's no wonder apples are one of our favourite fruits. Crisp, sweet, tart and downright delicious. From pies and tarts, to salads and snacks the nutritional powerhouse surely the "King of Fruits".



- One apple provides 15% of your daily value of vitamin C which helps build healthy teeth and bones.
- Apples have both soluble & insoluble fiber. The first is helpful in lowering cholesterol, and the later keeps the GI track running smoothly.
- Apples can help you stay hydrated throughout the day. That's because over 80% of an apple is actually water.

A GLUTEN FREE THICKENER

Peeled, grated apples can be used to thicken soups, stews and gravies. Choose a more neutral flavoured apple such as Granny Smith, Royal Gala or Golden Delicious for more savoury dishes.

TOP 'EM

Top apple slices with yogurt, nut butter, cottage cheese, ice cream honey or nuts.

DICE 'EM

Add colour, crunch and nutrients, by adding diced apples to your salads & slaws

DRY 'EM

Dried apple chips are the perfect on the go snack to throw in your backpack.

SKEWER 'EM

Add apple to cheese and fruit kabobs for a fun snack on a stick.

APPLE PIE SMOOTHIE

Enjoy the taste of apple pie for breakfast with this delicious Apple Pie Smoothie!

INGREDIENTS

- 1 medium apple
- 1 cup milk or milk substitute
- 1/3 cup ice cubes (about 4-5)
- 1/4 cup large flake oats
- 2 pitted dates
- Pinch of ground cinnamon
- 1 tsp lemon juice, or more to taste

DIRECTIONS

- Process ingredients in a blender until smooth
- Cool in the refrigerator for at least 15 minutes and up to 12 hours.
- Enjoy in a chilled glass.

Try making a smoothie bowl by adding an extra tablespoon of oats and allowing to sit in the fridge overnight. Top with your favourite fruits and nuts.

APPLE SAUCE MUFFINS

A fun after school baking activity you can do with your kids.

INGREDIENTS

- 1/2 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/2 teaspoons cinnamon
- 2 eggs
- 5 tablespoons butter, melted
- 2/3 cup brown sugar
- 1 cup applesauce
- 1/2 cup grated carrot or zucchini

DIRECTIONS

- Preheat the oven to 350°. Butter the cups of a muffin pan. Or line with paper liners.
- Measure the flour, baking powder, baking soda, salt, and cinnamon into a large mixing bowl and stir it all together.
- Crack the egg into a separate bowl and whisk. Mix in the brown sugar. Then add the melted butter, applesauce and grated carrot or zucchini.
- Pour the applesauce mixture over the flour mixture and stir until batter comes together.
- Spoon the batter into the muffin cups, filling each about two-thirds full.
- Bake the muffins for 15 minutes.