

HEALTHFUL TIPS

Amazing Apples

Why "an apple a day"...is great advice!

You've probably heard the saying, "An apple a day keeps the doctor away." This is actually solid health advice—apples are chock full of vitamins, minerals, antioxidants (disease-fighting compounds) and fiber. So what will eating an apple a day do for you?



Smooth Digestion — Apples are rich in pectin, a fiber that helps to promote a healthy microbiome (a good amount of the right kind of bacteria in your intestine). An apple's fiber helps food pass through the digestive tract smoothly without constipation or diarrhea.

A Bright Smile — Biting and chewing an apple stimulates saliva, lowering bacteria levels and reducing tooth decay.

A Sharp Brain — Studies show promise that eating apples helps to fight the effects of aging on the brain and may reduce the risk of Alzheimer's and Parkinson's diseases.

Apples are Cancer Fighters — Compounds found in the apple peel, triterpenoids, fight cancer cells with anti-growth activities.

Shut Down Diabetes — A study found that women who ate at least one apple a day were 28% less likely to develop type 2 diabetes than those who didn't. The fiber in apples helps to blunt blood sugar swings.

Give you a Happy Heart — The fiber in apples binds with fats in the intestine and lowers blood cholesterol levels, reducing the risk for heart disease.

Boost your Immune System — An antioxidant, quercetin, found in red apples can fortify your immune system.

Enjoy an apple or two fresh from the orchard or baked into a delicious treat today, and tomorrow, and the next day.



Apple Crisp

6 cups apples, peeled, cored, and sliced (Macintosh, Gala or Granny Smith)

2 tablespoons arrowroot powder

2 tablespoons of lemon juice

3/4 cup flour

1 cup rolled oats (not quick cooking)

1/2 teaspoon cinnamon

1/2 teaspoon nutmeg

1/4 teaspoon salt

1/3 cup erythritol

4 tablespoons butter, room temperature

1/4 cup pecans, chopped

Preheat oven to 350 degrees. Combine the lemon juice and arrowroot powder and mix with apples; set aside. Combine flour, oats, cinnamon, nutmeg, salt and erythritol in a large bowl. Cut butter into mixture until crumbly.

Coat a 9 x 13 baking dish with cooking spray. Spread apple mixture evenly in the bottom of the baking dish and top with oat mixture and sprinkle with pecans. Bake uncovered for 30-40 minutes until topping is golden brown. **Makes 9 servings.**

NUTRITION INFORMATION PER SERVING: 211 calories, 4 grams protein, 7 grams fat, 43 grams carbohydrate, 106 mg sodium.