



Local PICK OF THE MONTH

October 2023

Apples

Apple Pie Overnight Oats

Ingredients

- 1 cup old fashioned oats.
- 1 cup low-fat milk.
- 1/2 cup low-fat vanilla Greek yogurt.
- 1/4 cup apple butter.
- 1 medium apple, diced.
- 1 tsp cinnamon.
- 2 tablespoons chopped walnuts (optional).

Directions

- Stir together all ingredients in a large bowl.
- Cover bowl and refrigerate overnight.
- If desired, garnish with additional chopped walnuts and diced apples before serving.

Yields 2, 3/4 cup servings.

Nutrition information per serving: 400 calories, 10 g fat, 7 g fiber, 64 g carbohydrates, 16 g protein

Recipe adapted from thelemonbowl.com.

What's so great about apples?

- Apples contain fiber, potassium and vitamin C.
- They are an easy and portable snack option.
- Choose from hundreds of varieties ranging from tart to sweet.



What's the best way to eat apples?

- Raw, cooked, whole or mashed.
- Eat apples with the skin on to get the most fiber and nutrients.
- Try sliced apples dipped in peanut butter.
- Add chopped apples to oatmeal, yogurt, and salads.

Selection and preparation

<p>Selection</p> <p>Choose apples that are firm to the touch and free of any brown or soft spots.</p>	<p>Storage</p> <p>Apples stored in a cool location, such as the refrigerator, will keep for several weeks.</p>
<p>Preparation</p> <p>Wash apples before eating.</p>	<p>Cooking</p> <p>Apples that are starting to shrivel are good for cooking. Try making applesauce or adding to baked goods!</p>