



Apples

Apples are one of the most popular and widely cultivated fruits in the world, coming in a wide variety of colors, including red, green, and yellow. Apples are crisp, sweet-tart fruits known for their high fiber content, particularly pectin, which aids digestion and helps regulate blood sugar. Rich in vitamin C and antioxidants like quercetin, apples promote immune health, reduce inflammation, and support heart health. Their natural sweetness and satisfying crunch make them a perfect healthy snack or versatile ingredient in both sweet and savory dishes.

Apple & Cinnamon Overnight Oats

INGREDIENTS

- 1 cup old-fashioned oats
- 1 cup almond milk (or milk of choice)
- 1 apple, chopped
- 1 tablespoon chia seeds
- 1 tablespoon honey or maple syrup
- 1 teaspoon ground cinnamon
- ¼ teaspoon vanilla extract
- 2 tablespoons chopped walnuts (optional)

DIRECTIONS

1. In a mason jar or bowl, combine oats, almond milk, chopped apple, chia seeds, honey, cinnamon, and vanilla extract. Stir well.
2. Cover and refrigerate overnight (or for at least 4 hours).
3. In the morning, give it a good stir and top with chopped walnuts for added crunch (optional).
4. Serve cold or warm it up in the microwave.

STORAGE & SELECTION

Choose apples that are firm with smooth skin and no soft spots or bruising. Heavier apples tend to be juicier. Apples can be stored in the refrigerator for up to 6 weeks. Keep them away from other produce as they emit ethylene gas, which can cause other fruits to ripen faster.