



# Apples

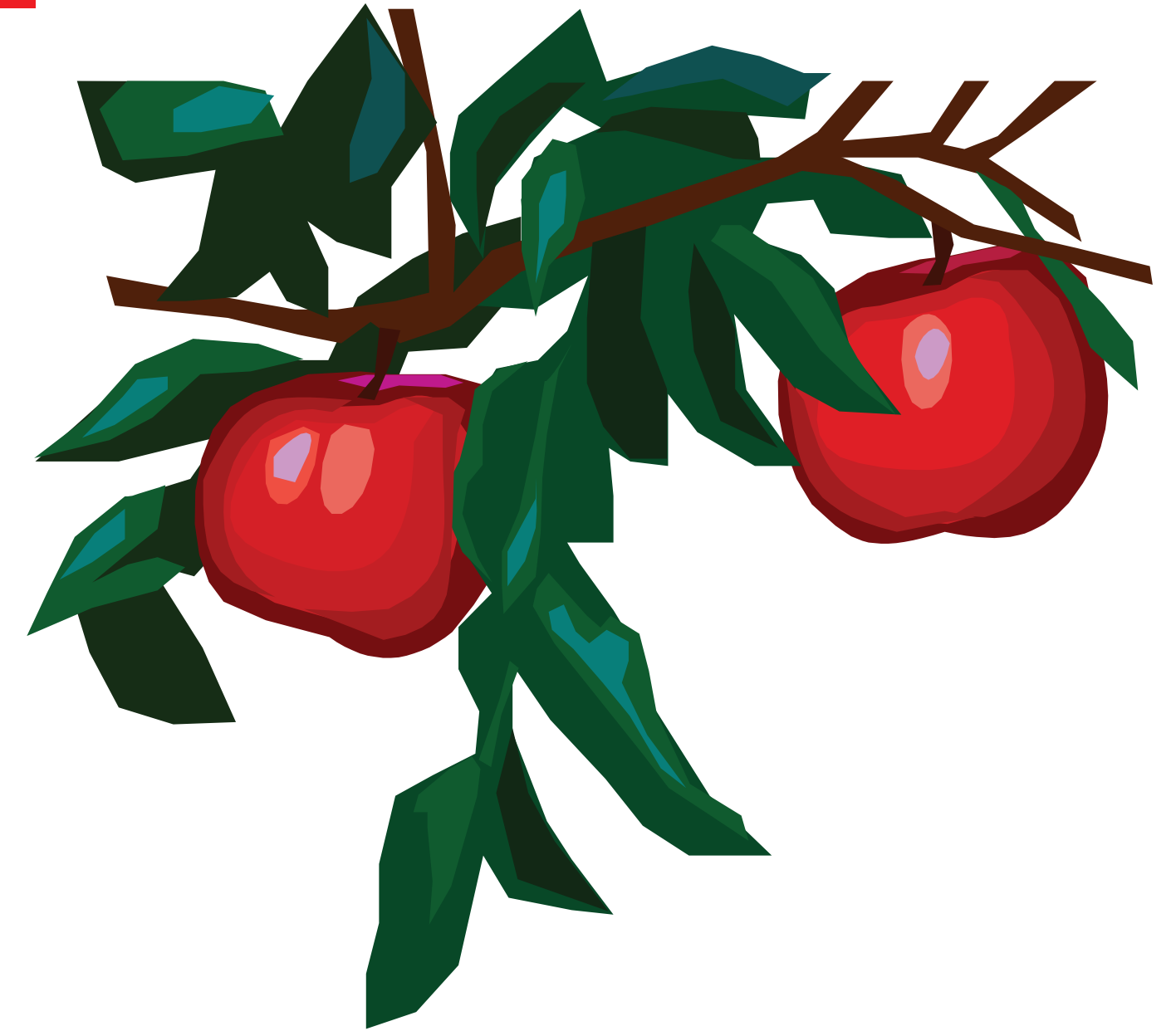


Eating apples:

- Helps with digestion
- Keeps the heart healthy
- May lower the risk of certain cancers

Serving ideas:

- Mix apple chunks with oatmeal
- Top pancakes with cooked apple slices
- Add thinly sliced apple to a sandwich with sliced turkey or cheese
- Add diced apple to tuna or chicken salad
- Toss chunks of apple and walnuts with baby spinach



For serving ideas and recipes, visit: [www.wellspan.org/marketbasket](http://www.wellspan.org/marketbasket)