

## FEATURED RECIPE



## Apples aren't just for snacking

You can incorporate more apples into your diet by including them at breakfast, lunch and dinner!

Find hundreds of unique recipes and ideas at

[MichiganApples.com/Recipes](http://MichiganApples.com/Recipes).

## POPULAR VARIETIES



### Apple - Walnut Snack Cake

Prep time: 25 minutes • Makes 16 servings

Tart Michigan Apples and crunchy walnuts make this moist, whole grain snack cake perfect for mid-morning coffee breaks or an energizing after school treat.

- 2 cups whole wheat flour
- 1/4 cup wheat germ
- 2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 4 cups peeled, diced Michigan Apples\* (4 medium)
- 3/4 cup granulated sugar
- 3/4 cup firmly packed brown sugar
- 1/2 cup canola oil
- 1 cup chopped walnuts
- 2 eggs, beaten
- 1 teaspoon vanilla

Preheat oven to 350°F. Coat a 13x9-inch baking pan with cooking spray.

In a medium bowl stir together flour, wheat germ, soda, cinnamon, nutmeg and salt; set aside.

In a large bowl combine apples, sugars, oil, walnuts, eggs and vanilla. Add flour mixture and stir gently to blend all ingredients well.

Spread mixture into baking pan and bake for 35-45 minutes or until cake is slightly browned and the center springs back when lightly touched.

Cool bars in pan then cut into 16 bars.

**Nutrition information per serving:** Calories: 277, Fat: 12.4g, Carbohydrate: 39g, Protein: 4.5g, Fiber: 3g, Sodium: 305mg

\*Michigan Apple suggestions: Braeburn, Cortland, Empire, Gala, Ida Red



#### Honeycrisp

Sweet flavor with a crisp bite



#### Jonagold

Crisp and juicy; sweet with shades of tart



#### Fuji

Crisp sweet-and-tart apple



#### Gala

Juicy with a mellow sweetness



#### Red Delicious

America's most popular. Full-flavored sweetness



#### McIntosh

A classic. Juicy with a lightly tart flavor

# HEALTHY LIVING with MICHIGAN APPLES

Michigan Apples don't just taste great — they're also an important part of a healthy diet! Low in calories and sodium, apples are loaded with powerful flavonoids, antioxidants and fiber — which may help reduce your risk for serious conditions including hypertension, heart disease and certain cancers.



[MichiganApples.com](http://MichiganApples.com)

# HEALTHY LIVING WITH MICHIGAN APPLES

## TEETH

Toss the sugary snacks! Apples' texture and natural tannins help clean and brighten teeth for the perfect smile.

## LUNGS

Breathe easier! A study found that people who ate at least two apples per week had 22-32 percent lower risk of developing asthma than those who ate fewer apples.

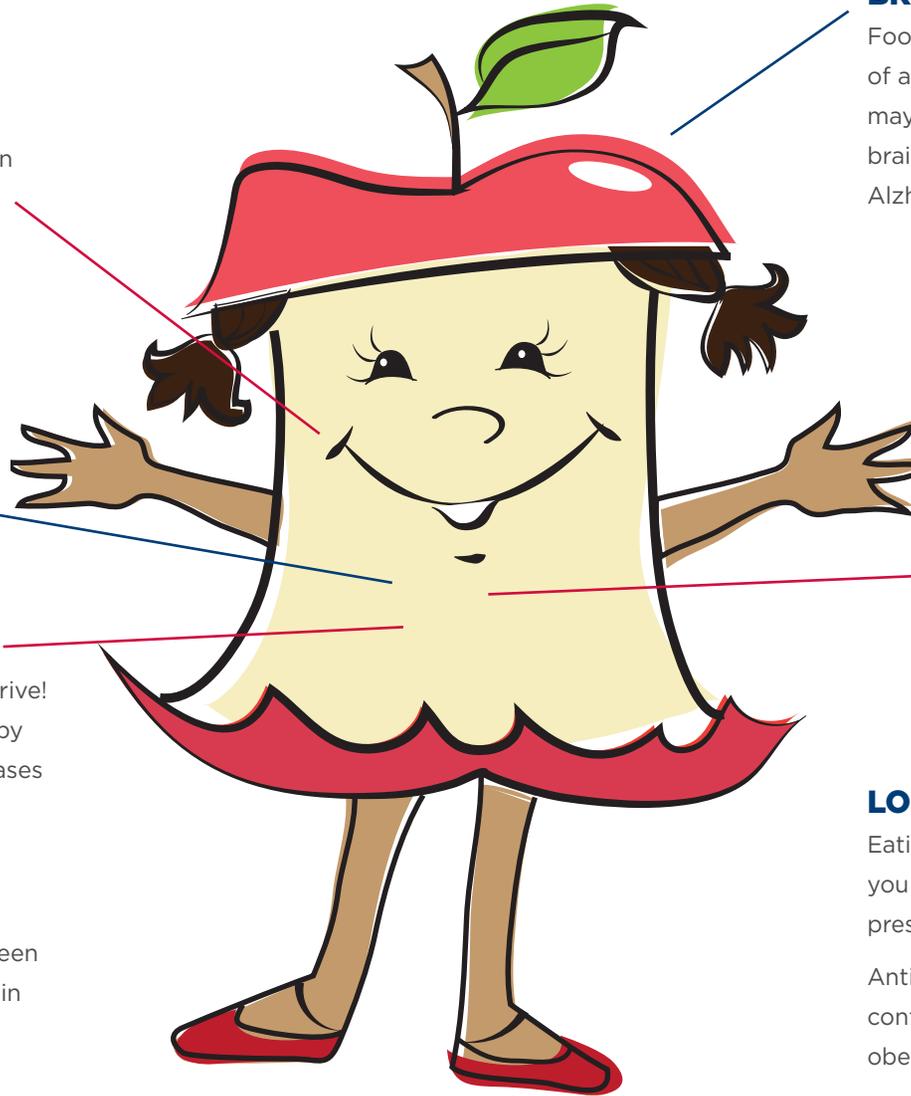
## GASTROINTESTINAL HEALTH

Fiber from apples help friendly bacteria thrive! Apples give your immune system a boost by increasing friendly bacteria that fight diseases in the intestines.

## CANCER PREVENTION

Quercetin, found naturally in apples, has been identified as the most beneficial flavonoid in preventing and reducing the risk of pancreatic cancer.

Experts believe that apples rich content of flavonoids may help reduce the risk of — or even fight — some types of cancer.



## BRAIN

Food for thought! A bite of an apple or a glass of apple juice is loaded with antioxidants that may be beneficial when it comes to improving brain health and diminishing symptoms of Alzheimer's disease.

## HEART

An apple a day keeps the heart okay! Research has shown a link between daily apple consumption and reduced levels of LDL ("bad" cholesterol), a risk factor for heart disease and stroke.

Diets with high fiber intake are associated with a significantly lower risk of several heart disease risk factors, including blood pressure and cholesterol levels.

## LOOKING TO LOSE WEIGHT?

Eating apples may help! High in fiber, apples fill you up faster and prevent sudden drops in blood pressure that trigger hunger and food cravings.

Antioxidants found in apples may also contribute to weight maintenance and prevent obesity and its potential health risks.

**See the back for some healthy, tasty ways to add Michigan Apples to your diet!**

*Visit [MichiganApples.com/Healthy-Living](https://MichiganApples.com/Healthy-Living) to learn more about specific studies and how Michigan Apples can be part of a healthy diet. Please contact your health care provider should you have any questions or concerns about your diet and health. This information is not intended to be a substitute for professional advice.*