



RESCUING FOOD • NOURISHING COMMUNITIES

FOOD CARD

APPLES



AVAILABLE

All year. Best from February to August.

STORE

In the fridge, a cool, dry cupboard or cellar.

Will keep for two weeks (all types) to one year (Granny Smith and Fuji).

EAT

Raw or cooked.

PREPARE

1. Peel (optional: skins are full of healthy fibre and antioxidants).
2. Slice or chop.
3. Remove core.

COOK

Add 1/4 cup water to 6 prepared apples.

Bake: In a baking dish. 180°C. 1/2 hour.

Stew: In a frypan or saucepan.

Cook until tender. 6-7 minutes.

Microwave: High. 9-10 minutes.

AVOID WASTE

Stew. Freeze in small containers. Delicious for breakfast or dessert.

TASTY IDEAS

- Add chopped apples to casseroles, curries and fruit salad. Handy Hint: drizzle lemon juice over chopped apple to stop it going brown.
- Make apple crumble, pie or cake.
- Stuff apples. Remove core. Stuff whole with sultanas, nuts or other dried fruit.
- Sprinkle with cinnamon and a teaspoon of sugar. Microwave for 1-2 mins.