

# HEALTHFUL TIPS

## An Apple a Day

**A**pples are a healthy food choice. Studies prove it. Red Delicious and Granny Smith Apples are especially high in antioxidants—compounds that help prevent and repair cell damage. Apples are high in pectin, a soluble, fermentable fiber with a long list of health benefits. Apples may help fight brain aging, Parkinson's disease, cancer, type 2 diabetes, and obesity; they may prevent gallstones, lower cholesterol, help keep bowels regular, detoxify your liver, prevent tooth decay, boost your immune system and prevent cataracts. Who knew?

Add one of these little health-producing powerhouses to your daily diet. Eat it plain or try one of these delicious ideas.

- Dice and add to pork tenderloin
- Bake them (see recipe)
- Slice and add a smear of peanut butter
- Dunk in pumpkin dip (see recipe)
- Slice and top with fluffy peanut butter dip
- Add slices to a salad
- Mix with your oatmeal
- Stir into a tub of yogurt
- Add to a smoothie
- Eat with a slice of reduced-fat cheese
- Mix with other fruits
- Mix up a batch of caramel apple (see recipe)



### Baked Apples

- 2 baking apples (Jonathan apples work well), washed and cored
- 1 can diet strawberry soda
- Sprinkles of cinnamon

Preheat oven to 375 degrees F. Place apples in a 9 x 13 inch pan. Fill the centers of the apples with the sugar-free soda, allowing the excess to spill into the pan. Bake for 40–45 minutes, spooning pop over apples every 10 minutes. Bake until the apples have split skins. Sprinkle cinnamon over apples and top and serve warm. Makes 2 servings.

### Peanut Butter Dip

- ½ cup creamy peanut butter
- 8 oz vanilla yogurt (no-added-sugar)
- 1/8 teaspoon ground cinnamon
- ½ cup Sugar Free Cool Whip®
- 4 apples, sliced

Place peanut butter, yogurt, and cinnamon in bowl and mix well. Gently add Cool Whip and stir until blended. Refrigerate until chilled. Serve with apples.

### Caramel Apple

- 1 pkg. butterscotch instant pudding, no-added-sugar (6 serving size)
- 20 oz. can pineapple, crushed, and drained
- 8 oz. container Cool Whip Lite®
- 1 medium apple, chopped

Mix dry contents of pudding to the Cool Whip Lite. Add drained pineapple. Mix well. Add chopped apple, mix and refrigerate one hour and serve. Makes 4 servings.