

# Fun Food Feature of the Week!

## Apples

- European settlers brought apple seeds and apple trees to the Massachusetts Bay area as early as 1630.
- 2500 varieties of apples are grown in the United States and these apples are grown commercially in 36 of the 50 states.
- The top apple producing states are Washington, Michigan, Massachusetts, New York, California, Pennsylvania , and Virginia which produced about 83% of the apple supply in 2001.
- The five most popular varieties of apples in the U.S. are Red Delicious, Golden Delicious, Gala, Fuji, and Granny Smith.
- Apples stored in the refrigerator will last longer than apples stored at room temperature.
- Eat the apple with the peel! Two-thirds of the fiber and antioxidants are found in the peel.
- For a fun fall activity, visit a local orchard!



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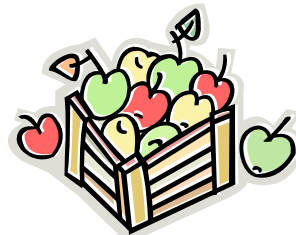
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## Quick Apple Oatmeal

- 1/4 cup quick cook oats
- 1/4 cup Fiber One® cereal
- 1 small baking apple, chopped (granny smith, golden delicious, etc.)
- 1/4 teaspoon cinnamon
- 1/4-1/2 cup water
- Raisins (optional) (2T=1 fruit exchange)
- Sugar or artificial sweetener to taste

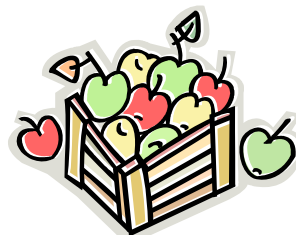


Combine all ingredients in microwave-safe bowl. Cook on high power for 2-3 minutes until apple is tender, oats are cooked, and cereal is soft. May need to stir and add more water if too thick.

Makes 1 serving (Exchanges without raisins): 2 starch, 1 fruit

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