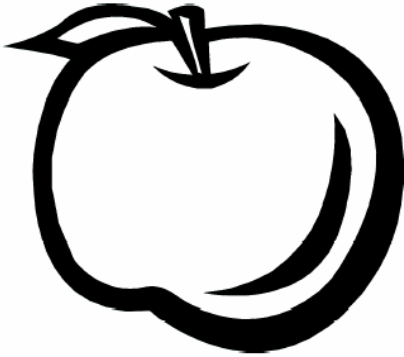


Pick a *better* snack™

(how easy is that?)

Wash. Bite.



Pocket Apple Pie

4 flour tortillas	1/2 teaspoon ground cinnamon
2 large apples	4 teaspoons brown sugar
1/8 teaspoon nutmeg	

Warm tortillas in microwave to make them easier to handle. Peel and chop apples into small pieces and place 1/4 of the apples on half of each tortilla. Stir together brown sugar, cinnamon and nutmeg, and sprinkle over the fruit. Roll up the tortillas, starting at the end with the fruit, and place on an ungreased baking sheet. Make small slits in the tortillas to allow steam to escape. Brush with milk and sprinkle with sugar. Bake at 350° for 8 – 12 minutes or until light brown. Serve warm or cool.

Pick a **better** snack™

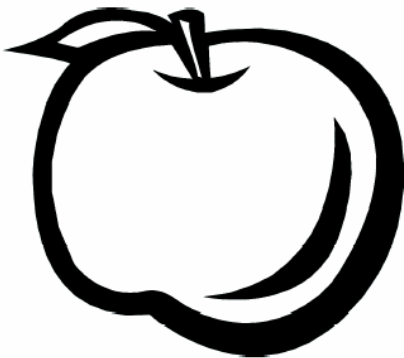


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Apple Wash. Eat. How easy is that?



Slice apples and make a “face” on a plate with grapes as eyes and a strawberry as a nose.



Slice apples and smear with cream cheese. Top with raisins, dried cranberries or cherries.



Make apple “flowers” by slicing apples and arranging them around the “center” of the flower made with a dollop of low-fat lemon yogurt.

Buying tips: There are a variety to choose from: Braeburn – is good for all types of apple uses. It is crisp, juicy and has a rich, spicy-sweet flavor. Fuji apples are sweet and firm and are usually striped with yellow and red. Granny Smith, with their green color and tart taste work well as a snack or in pies and sauce. And don’t forget about Red or Golden Delicious. Select apples that are firm to the touch and bruise-free. And try to avoid those with broken or wrinkled skin.

Storing tips: Store apples in the refrigerator and use within 1-2 weeks. To wash, rinse well with cold water upon using.

Serving size: 1 medium apple

Message from Iowa Nutrition Network and USDA’s Food Stamp Program

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