



All About Apples...



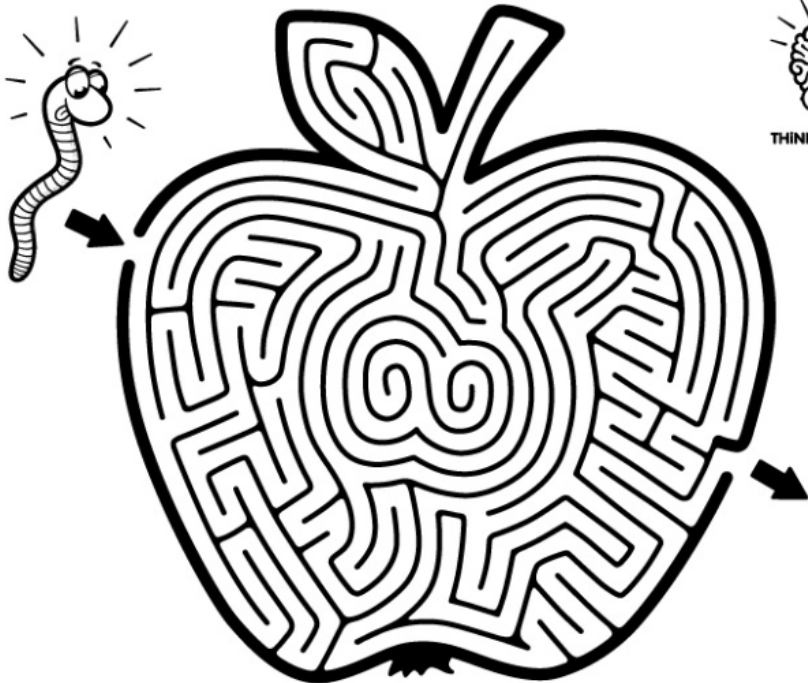
FUN FACTS

- The first apple trees were planted by Pilgrims in Massachusetts.
- A medium apple has about 80 calories. A small bag of potato chips has 240.
- 2,500 varieties of apples are grown in the United States.
- Don't peel your apple! 2/3 of the fiber and many of the antioxidants are found in the apple peel.
- Apples have no fat, sodium, and are cholesterol free.
- Honey bees are the most important pollinators of apple blossoms.
- It takes the energy of 50 leaves to produce one apple.
- Did you know that apples can help you improve your memory?

APPLE WALNUT MUFFINS

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|----------------------------------|-----------------------------|
| 1½ cups whole-wheat flour | 2 eggs |
| 2 teaspoons cinnamon | ¾ cup pure maple syrup |
| 1 teaspoon baking soda | ½ cup water |
| ½ teaspoon salt | 5 tablespoons melted butter |
| ¼ teaspoon baking powder | 1 tablespoon chia seeds |
| ¼ teaspoon nutmeg | 1 cup shredded apple |
| ¾ cup chopped walnuts (optional) | |

Preheat the oven to 350 degrees F. Line a muffin pan with paper liners. In a large mixing bowl, whisk together flour through nutmeg. Make a well in the center and add in the walnuts, eggs, syrup, water, melted butter, and chia seeds. Stir with a fork until combined. To shred the apple use a cheese grater. Gently fold both the apple shreds and chopped walnuts into the batter. Divide the batter among the 12 muffin cups and bake for 18 to 20 minutes. Enjoy!



B	R	F	S	M	D	G	R	Q	G	I	A	P	P	B
H	L	E	U	R	Y	K	L	T	G	J	O	Y	Z	X
A	I	O	D	O	O	S	P	O	B	V	U	Y	G	W
R	P	G	S	W	M	G	C	I	M	C	A	I	V	E
V	K	S	B	S	U	Q	X	T	V	R	Z	Y	C	F
E	R	E	G	A	O	P	A	W	Z	V	H	K	E	E
S	H	L	H	S	O	M	S	K	P	T	R	E	E	B
T	K	P	U	S	B	W	S	T	I	E	P	P	K	X
X	L	P	V	I	E	E	O	U	E	Q	H	O	M	T
W	B	A	Y	P	P	R	R	L	V	U	B	S	D	N
T	J	A	U	L	V	F	O	P	L	F	E	K	V	E
U	A	U	T	U	M	N	R	C	R	E	D	I	C	E
A	B	I	X	Z	F	Z	V	H	D	V	Y	H	C	R
B	S	W	V	D	C	L	B	Y	I	H	K	O	S	G
R	J	W	T	I	M	C	M	Y	L	W	U	V	H	U

APPLES
SEED
WORM
TREE
JUICE
CIDER
FRUIT
RED
YELLOW
GREEN
CORE
AUTUMN
HARVEST
BLOSSOMS