

Food of the Month

Nutritional Information
Cooking & Storing
Recipes

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A healthy community through the
power of good food

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FEATURED FOOD: APPLES

Apples were the favourite fruit of the ancient Romans and Greeks, and their popularity has not slowed down. The average person in North America consumes about 65-80 fresh apples each year. It is said the first colonists who migrated to North America in the early 1600's planted the first apple trees, and in Norse mythology they believed the apple was the fruit that "promised everlasting youth".

It's not a surprise the apple received this reputation as they are especially high in antioxidant nutrients such as Vitamin C, flavonoid and phenolic antioxidants. One medium apple has about 95 calories, 49.14 mcg of beta-carotene, and both soluble and insoluble fiber. An apple makes a quick healthy snack to pack into lunch boxes or to grab when you are on the run. Adding a small handful of nuts and seeds like almonds or pumpkin seeds with the apple can aid in balancing blood sugars thanks to the protein and fiber.

There are over 7,500 varieties of apples grown throughout the world and have a year-round growing season, making this an accessible and affordable fruit.

HOW TO COOK, STORE & PREPARE APPLES



Many baking recipes will ask for oil or butter, no-added-sugar applesauce is a great substitute for these ingredients to lighten up those baked goods. You can swap 1 cup of oil or butter for 1 cup of applesauce, or reduce 1 cup of butter in baking with 1/2 cup of butter and 1/2 cup of applesauce to reduce the butter by half. This is a great healthy swap for those lunch box or breakfast muffins.

Apples will last longer in cold storage such as the crisper drawer in the fridge or a cold room to help reduce respiration rates and the loss of nutrients. If the apple is bruised it will release a gas that reduces its shelf life, so when selecting apples ensure they are not bruised and handle them carefully. If you want to slice apples ahead of time and store them without them browning, simply fill a bowl full of cold water. Add 2 tablespoons of lemon juice for every 2 cups of water and let the apple slices soak for 5 minutes. Strain the apple slices and store in an air-tight glass container in the fridge for 5-7 days.





RECIPE: NO-ADDED SUGAR APPLESAUCE

4 lbs apples, core removed (leave the peel on)

1/2 cup of water

juice of 1 lemon

1 tbsp. cinnamon & vanilla

Ingredients in a slow cooker and give it a good stir. Turn the slow cooker to high for 4 hours or low and slow for 6-8 hours. You will want to stir the apples every 2 hours. If you like it a little chunky you can be done here. If you want that smooth store bought texture, use a hand-immersion blender or let it cool slightly and transfer to a blender and blend until the sauce is smooth.

RECIPE: APPLE PIE MORNING OATMEAL

1 cup of rolled oats (use gluten-free if required)

2 cups of almond or cow milk

1/2 cup of apple sauce

1 tbsp. chia seeds (optional)

1 tsp cardamon

1 tsp cinnamon

1 tsp vanilla

1 tbsp maple syrup

pinch of sea salt

Place everything into a small pot; cook uncovered over medium heat on the stove for 8-10 minutes. Stir regularly. Scoop oatmeal into two bowls, here you can top with optional toppings like slivered almonds, raisins, or unsweetened coconut flakes. I love taking 2 tbsp of chopped apples and tossing it back into the pot with a little coconut oil & cinnamon to brown the apples for about 2 minutes and add those on top (as seen in the picture). This oatmeal will keep in your fridge for 2-3 days for you to reheat and enjoy. You can also assemble all the dry ingredients ahead of time in small bags or containers to take to work. Add hot water or milk and enjoy.

See step-by-step pictures at: <https://rejoicenutritionwellness.com/recipe/apple-pie-morning-oatmeal/>

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Next Markets:

May 11, 3pm-7pm,
Canora Community League
(10425-152 St)

May 30, 10am-2pm,
Glenwood Community
League (16430-97 Ave)

June 15, 2:00pm-
6:00pm, Canora Community
League (10425-152 St)

June 27, 10:00am-2:00pm,
Glenwood Community
League (16430-97 Ave)

Events:

Community Compost Sale on
May 13

Collective Kitchen on
May 26

For More Info Call
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