Aimee the Apple

December

It's December and we are really excited to introduce our new Christmas Fruit of the month!

Can you guess who I am?

Who Am I?

- I am a smooth, crunchy fruit bursting with flavour
- I come in colours such as red, green and yellow
- I can taste sweet, tart or sometimes sour



Did You Know?

- Apples trees take 4-5 years to produce their first fruit
- Apple trees can live to be about 100 years
- Apples are 25% air
- Apples are members of the rose family

Where Can You Find Me?

- I grow all over the world including Ireland
- I grow best in areas with full sun and little frost
- I can grow in gardens or areas called orchards
- I can be stored in the fridge or in cool room

Why You Should Eat Me?

First ofall, I tasteyummybutbest of all I help you grow big and strong!

- I am full of ***fibre*** which keeps you fuller for longer
- I also contain ***biotin*** which keeps your hair, skin and eyes healthy

Fun Ways to Eat Me

- Icanbe eatenstraight away once washed or I can be cooked in a variety of ways such as sautéing or baked
- I can be added to yoghurts, porridge, cereals or scones.

Turn over for some cool recipes!



Low Protein Recipes

Apple Yoghurt Parfaits



Ingredients:

For the apple:

- 3 sweet apples, cored and chopped
- 1 tbsp lemon juice
- ½-1 tsp ground cinnamon depending on preference
- 1-2 tbsp water

For the topping

- Koko yoghurt



Method:

- Wash, core and chop the apple into small chunks
- Put the chopped apples, lemon juice and cinnamon in a small pan with the water.
- Cover and cook over a medium heat for 5-10 mins, or until the apples are tender when pierced with the tip of a knife.
- Assemble the parfaits starting with the yoghurt, then stewed apple.
- Serve with sprinkled cinnamon