



*Next Stop*

**SOUTH AMERICA**

EXPLORE THE WONDERS  
OF SOUTH AMERICA  
WITH THE

*Pink Lady*

# APPLE RE-IMAGINED

## BENEFITS

### 1. Controls blood glucose

Apples are loaded with soluble fibre, which slows down food digestion and the release of glucose into blood.

### 2. Fights high cholesterol

They are low in kilojoules and soluble fibres, that could help lower the 'bad' cholesterol LDL in blood.

### 3. Prevents heart disease

A skin-on apple contains high levels of flavonoids and antioxidants, compounds that could improve heart health.

## EATING TIPS

Sauté sliced apples and red onions to serve with pork tenderloin or steak.

Thin slices of Granny Smith apple could be stirred into a red cabbage coleslaw.

## RECIPES

Apple Walnut Salad

<https://www.littlebroken.com/apple-walnut-salad-balsamic-vinaigrette/>

Healthy Apple Cinnamon Muffins

<https://mykidslickthebowl.com/healthy-apple-cinnamon-muffins/>

Homemade applesauce (if you have LOTS of apples)

<https://cookieandkate.com/how-to-make-applesauce/>