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 heat 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/