



**Thought
Foodness**

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WEST VIRGINIA HARVEST™

**Featuring
Sliced WV Apples**



Did You Know?

Sliced WV Apples

Where I grow best:

Apples grow really well in West Virginia because of the state's weather, soil, and land. The Appalachian Mountains give the perfect mix of temperature and rainfall for apple trees.

My Nutritional Superpowers include:

Apples are full of healthy things like fiber and antioxidants! One special antioxidant, called quercetin, is a natural part of apples that helps reduce stuff like swelling, high blood pressure, and even some allergies and illnesses

I taste great in meals like:

Slow Cooker Pork and Sauerkraut with Apples, Roasted Chicken with Apples and Potatoes, Healthy Apple Muffins

You can find **Sliced WV Apples** at your school and in some grocery stores in **West Virginia** year-round!




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Recipe Spotlight

Super Easy, Healthy Apple Muffins

Here is an easy way to try today's produce item in a meal at home!*

Cooking is a team effort. Make sure you are with a parent or guardian when attempting to prepare any item in the kitchen.

How to make it:

1. Preheat the oven to 350°F. Line a muffin tin with paper liners.
2. Mix the dry stuff: In a big bowl, mix the flour, baking powder, cinnamon, baking soda, and salt.
3. Mix the wet stuff: In another bowl, stir the egg, applesauce, honey, and oil.
4. Combine: Pour the wet stuff into the dry stuff and add the apple. Mix it all together.
5. Bake: Scoop the batter into the muffin cups. Bake for 18-20 minutes.
6. Cool: Let them cool, then enjoy!

What you will need:

- 1 ½ cups whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 egg
- ½ cup applesauce
- ¼ cup honey or maple syrup
- ¼ cup oil (like coconut or vegetable oil)
- 1 apple, grated or chopped

*Please use Safe Food Handling Practices (<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>) You must have a parent or guardian assist with any heating or cooking requirements associated with this recipe. Please ask a parent or guardian to assist with cutting fruits or vegetables.




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healthier
you!



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