

HARVEST OF THE MONTH NEWSLETTER OCTOBER 2022



FUN FACTS

- Did you know there are over 7,500 varieties of apples grown across the world. Some Wisconsin favorites include Gala, McIntosh, Golden Delicious, Honey Crisp, and Cortland.
- It takes about 36 apples to make one gallon of apple cider and about 2 pounds to make one apple pie!

NUTRITION INFO

One medium apple has 95 calories and provides vitamin C, potassium and fiber.



Crunchy Apple Roll-up

laxf2s.org

Serves 2

Ingredients:

1/2 medium apple
 1 tablespoon peanut butter or sun butter
 1 whole wheat tortilla
 2 to 3 tablespoons crispy rice cereal

Directions:

Chop apple into small pieces, slice thinly, or shred with grater. Spread peanut/sun butter in a thin layer over tortilla. Spread apple pieces in an even layer over peanut/sun butter. Sprinkle with cereal. Roll up tightly and cut in half.

Per Serving (1/2 roll): 150 calories, 6g fat, 2g saturated fat, 4g protein, 20g carbohydrate, 4g fiber, 160 mg sodium

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