

# Idaho Apples

## Idaho Apple Facts

- Idaho produces over 4.5 million pounds of apples each year.
- Some regions in Idaho have been producing apples since the 1890's.
- Idaho apples are available fresh from early September to early December, but much of the crop is stored in large chilled warehouses so we can enjoy apples until early spring.
- Idaho grows many varieties of apples including Gala, Jonathan, Golden Delicious, Red Delicious, Fuji, Rome, and Granny Smith.

## Nutrition Facts

- Apples have both soluble and insoluble fiber, which helps promote healthy digestion.
- Apples have antioxidants which help maintain normal cell function by protecting cells.
- Apples are low in fat, cholesterol, and sodium.
- Eat the peel: 2/3 of the fiber and many of the nutrients are found in the apple's peel.
- Apples are naturally sweet and are a great snack or dessert item.



## Idaho Apple Cheese Muffins

### Ingredients:

- 2 cups all-purpose flour
- 1/4 cup granulated sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup shredded sharp cheese (4 oz)
- 1 carton (8 oz) lemon low-fat yogurt
- 1/4 cup vegetable oil
- 2 eggs
- 1 Idaho Red Rome Apple cored and coarsely chopped (1 1/2 cups)
- Optional Topping: Mix together 1/4 cup brown sugar and 1/2 teaspoon cinnamon

### Directions:

Ingredients for Optional Topping: 1/4 cup brown sugar and 1/2 teaspoon cinnamon

In large bowl, stir together flour, sugar, baking powder, salt, cheese, and Idaho apple; set aside.

In small bowl, beat yogurt, oil, and eggs together until blended; add flour mixture to mix. Stir just until moistened. Divide batter evenly among 12 lightly greased 2 1/2 inch muffin cups (cups will be full). Sprinkle with optional topping if desired.

Bake in a 400 degree oven for 20 to 25 minutes or until golden brown. Remove from pan; serve warm.

Recipe from: Idaho Apples. (n.d.). Retrieved April 10, 2013, from <http://www.idahoapples.com/recipes.html>

