

June Nutrition Education



- June 12th- Food Sampling 1-3 pm
- June 14th- Food Sampling 1-3 pm
- June 19th- Food Sampling 1-3 pm
- June 21st- Food Sampling 1-3 pm
- June 26th- Food Sampling 1-3 pm
- June 28th- Food Sampling 1-3 pm

Apple Bake



Ingredients

4-5 medium **apples**, center removed, sliced
¼ cup of **oatmeal**
¼ cup **flour**
½ cup brown sugar or substitute white granulated sugar
1 table spoon cinnamon
¼ cup **buttery spread**

Directions:

Preheat oven to 350°

1. Spray the bottom and sides of a square 8 x 8-inch baking pan with non-stick cooking spray.
 2. Spread apple slices on the bottom of the pan.
 3. Melt buttery spread in a medium-sized bowl.
- Add oatmeal, flour, sugar and cinnamon, then mix.
4. Drop the mixture over the top of the apples.

Sautéed Apples

Ingredients

2 tablespoons **buttery spread**
2 large **apples**, washed, cored and chopped
1 teaspoon cornstarch
¼ cup cold water
¼ cup brown sugar
¼ teaspoon ground cinnamon



Directions

1. In a large skillet or saucepan, melt buttery spread over medium heat, add apples.
2. Cook stirring constantly, until apples are almost tender, about 6-7 minutes.
3. Dissolve cornstarch in water, add to skillet.
4. Stir in brown sugar and cinnamon.
5. Boil for 2 minutes, stirring occasionally.
6. Remove from heat and serve warm.

Makes 4 (1/2 apple) servings.

For more information, contact:

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TIP: Pack your snack

Pack fruit, sliced vegetables, low-fat string cheese, or unsalted nuts to eat during road trips or long commutes. No need to stop for other food when these snacks are ready-to-eat.