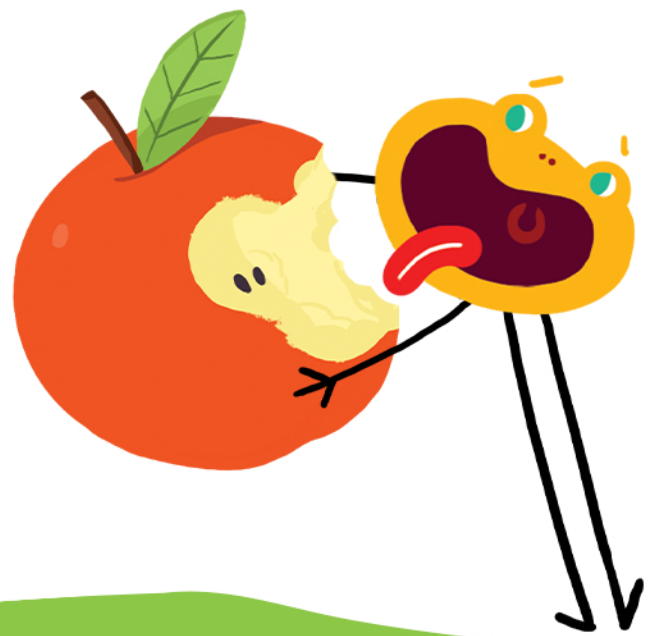


APPLES

Did you know?

There are more than **10 varieties** of Quebec apples sold in grocery stores. Each one has its own **unique taste and texture**. And you can enjoy them year-round, even in winter!



Which ones to choose

All varieties of apples are great to munch on. **McIntosh** and **Empire** apples make excellent apple sauce. **Cortland** and **Spartan** apples are perfect for baking.

When purchasing, choose apples that are firm, smooth, and brightly colored.

Wash apples thoroughly before eating them.

Toddlers' Corner

For children 4 years and under, it's important to peel the apple and remove the core. The core contains seeds that can pose a choking risk. Serve apples cooked, stewed, or grated to make them easier to chew and safer for little ones.

Our nutritionists' tip

Eating fresh apples is preferable to drinking apple juice because juice doesn't contain any fibre and doesn't satisfy hunger.

Tips to reduce waste

Use apples that are less visually appealing to make **applesauce** or **crumble**. Keep the skins on for maximum nutrition and a lovely pink colour.

5 ways to use apples

- Add apple slices to a grilled cheese or any kind of sandwich.
- Add apple cubes to a pasta and vegetable salad.
- Use as a dipping sauce for meats (pork tenderloin, chops, etc.).
- Add apple chunks when making muffin recipes, bread, bread pudding and even crepes.
- Use apples to make a delicious crumble or cobbler.

Storage

Store apples in the **refrigerator drawer** to **keep them nice and crisp for longer**.

Cooked apples (in compote or chunks) freeze well.