

FRUIT SCOPPS

Apples: Health Food With Flavor

(NAPSA)—Take an apple a day for your health.

Today, that ancient wisdom makes more sense than ever—and what tastier way is there to keep the doctor away than by eating plenty of apples?

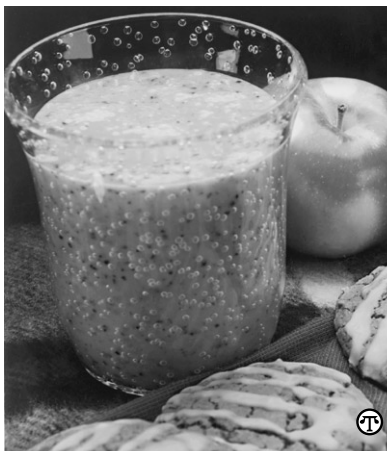
Science is discovering more and more health benefits of apples. European researchers found that people who consumed two or three apples a day for extensive periods significantly lowered their blood cholesterol levels. A soluble fiber called pectin helps the process, but the researchers think apples contain some other ingredient that provides an extra boost.

Apples are also rich in heart-protecting antioxidants, especially one called quercetin. Studies in Finland and Holland have shown that those whose diets included lots of apples had less risk of cardiovascular disease than those who ate lesser amounts.

Apples offer a feast of flavors, and one state grows more varieties of apple than any other: Michigan. Each Michigan apple variety has its own unique taste.

A new variety, Honeycrisp, is firm and crunchy and delivers a sweetly mellow flavor. Other varieties on the sweet side are old favorites Red Delicious and Golden Delicious and newer favorites Ginger Gold, Gala and Fuji. Gala gives a suggestion of tartness to overlay its sweetness. Others combining contrasting flavors are Jonagold, a cross between the rather tart Jonathan and Golden Delicious; and Empire, whose parents are the aromatically nippy McIntosh and Red Delicious.

Each variety is a collection of subtle taste delights. Try each of them (and don't forget Ida Red, Rome and Northern Spy in your search for favorites). Michigan also grows apples for use in a variety of forms, from crunchy fresh to applesauce, apple juice, apple pie fillings and frozen pies.



Michigan apples offer a variety of tasty ways to bite into good nutrition.

Michigan's apple growers wish you good health!

Apple Berry Smoothie

*(Fat Free, Cholesterol Free,
Low Sodium)*

- 1 can (21 oz.) Michigan Apple pie filling**
- 1 cup sliced fresh strawberries**
- ½ cup fresh or frozen blueberries**
- 1 cup fat-free plain yogurt**
- 2 tablespoons sugar**
- 2 teaspoons vanilla**
- 1 cup ice cubes**

Place ½ of first 6 ingredients in electric blender. Blend about 45 seconds or until smooth. Add ½ of ice and blend about 15 seconds or until smooth. Pour into glasses. Repeat method with remaining ingredients. Serve immediately. Makes 5 servings.

Per serving (1 cup): 180 calories, 0 g fat, 0 mg cholesterol, 90 mg sodium, 43 g carbohydrate, 2 g dietary fiber, 3 g protein.

Learn more about Michigan Apples at www.MichiganApples.com.