



BENEFITS

Because they are as old as the world...
but as good as ever!

Eaten since prehistory, apples are one of the top fruits consumed in the world. Over 7,500 varieties are known to exist.

Because they're the apple of your eye!

There are so many ways to enjoy apples. Indeed, they go perfectly in just about anything: compotes, tarts, pies, puddings, doughnuts, turnovers, muffins, sauce, salads, you name it! Treat yourself!



WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



APPLE AND CHEDDAR WRAP

Portion: 1  10 min

Ingredients

- 1 whole-wheat tortilla (medium size)
- 85 ml (1/3 cup) grated apple
- 65 ml (1/4 cup) grated cheddar cheese

Directions

1. Sprinkle the grated apple and cheese on the tortilla.
2. Roll the tortilla and cut into 3.

Source: Cooking for Autonomy, Lester B. Pearson Board, 2012-2013



APPLE AND CINNAMON QUINOA

Portions: 4 to 6  10 min  15 min

Ingredients

1. 3 medium apples, peeled, finely diced
2. 60 ml (2 tbsp) non-hydrogenated margarine
3. 5 ml (1 tsp) ground cinnamon
4. 15 to 30 ml (1 to 2 tbsp) honey or maple syrup
5. 250 ml (1 cup) cooked quinoa
6. 125 ml (1/2 cup) raisins (optional)

Directions

1. Melt the margarine in a pan. Add the apples and cinnamon and cook about 5 min or until the apples are tender.
2. Add the remaining ingredients and mix.

Source: Kristina Parsons, RD



TIP!

Choose the right variety of apple for your needs. If you want to eat a fresh apple, choose a variety that's firm, juicy and fragrant. To accompany a salad, opt for a crisp and tart variety. When cooking with them, look for apples with a texture that remains firm.