

DECEMBER

# APPLES

Apples are one of the most popular fruits in the UK. They contain an impressive list of essential nutrients, which are required for normal growth and development and overall nutritional well-being.

The majority of dietary fibre is found just under the skin of the apple

About 80-85% of an apple is made up from water

Apples are packed full of antioxidants especially vitamin C for healthy skin and gums

Apple Bobbing- Fresh apples float because 25% of their volume is air

Apple varieties range in size from a little larger than a cherry to as large as a grapefruit. There are apples that have an aftertaste of pears, citrus, cinnamon, cloves, coconut, strawberries, grapes and even pineapple!

