

How to Use Whole Foods

Innovative ideas for using real, whole foods in delicious ways!

Apples

Apples are a popular fruit that can be incorporated into a healthy breakfast, lunch, dinner, or snack!

Examples:



Apple and
Broccoli Salad



Apples with
SunButter



Baked Apple with
Cinnamon



Fruit Smoothie
with Apple



Whole Grain
Cinnamon
Apple Muffin



Tip!

Consider using
fresh apples from
USDA Foods
through DoD Fresh.

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