

# An Apple A Day!

Apples are a low-calorie, high-fiber food that are a great snack on their own or great in sweet and savory dishes. The most popular ones are Lady, Jonathan, Winesap, Rome, Red Delicious, Golden Delicious, Granny Smith, and Braeburn. These are all high in antioxidants and nutrients.

Guess what? The organic Pendragon apple lowers cholesterol and inflammation in the body and is deemed the healthiest apple. The second runner up is Golden Delicious.

Be sure to wash all your fruit well and don't be afraid to eat the peel!

