

5 Reasons Why Apples Are Awesome to the Core

“An apple a day, keeps the doctor away.” Have you ever heard that saying before? There are so many health benefits you get from eating apples. Apples are found in local grocery stores, and they make a great snack when you’re at home, work, or school. Instead of buying apple sauce, try making unsweetened applesauce with the recipe we have provided to you.

1. Cancer Prevention

The American Institute of Cancer suggests that the high level of Vitamin C, fiber, and antioxidants may slow down the growth of cancer cells.

2. Cleanse and Detox

Apples can help get rid of unwanted toxins and excessive heat in your body. Your liver will stay healthy and clean.

3. Healthier and Whiter Teeth

Malic acid is found in apples, and they help to whiten your teeth. Chewing an apple stimulates the production of saliva to lower levels of bacteria.

4. Boost Your Immune System

Apples have high levels of nutrients to keep your immune system strong and healthy.

5. Brain Health

Eating apples could fight the effects of aging on the brain and lower the risk of Alzheimer’s. They can also help with memory.



Unsweetened Applesauce

Ingredients:

- 6 organic apples, peeled and chopped (your choice of apple)
- ¼ teaspoon cinnamon
- ½ cup of water

Directions:

1. Place all ingredients in a pot on the stovetop and bring to a boil. Reduce heat to simmer and cover with lid.
2. Simmer apples for 20 minutes or until soft.
3. Remove from heat and mash with potato masher. Or, you can place in blender for smoother texture.

Source: www.kimshealthy eats.com/easy-homemade-applesauce



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