



Apple Slices, Unsweetened, Frozen

MyPlate Food Group: **Fruit**

USDA
Foods

Nutrition Information

- 1 cup of frozen apple slices counts as 1 cup of fruit in the ChooseMyPlate.gov Fruit group.
- Frozen apple slices are naturally low in fat, sodium, and calories. Frozen apple slices do not have cholesterol.
- Frozen apples have vitamin C. Vitamin C helps your body maintain healthy skin and gums.
- For specific information about frozen apple slices, please refer to the product's Nutrition Facts Panel or ingredient list.

Uses and Tips

- Frozen fruit can be used as a natural sweetener in baked items such as breads and muffins.
- Defrost frozen apple slices and serve them as a side dish at any meal.
- Add frozen apple slices to smoothies or fruit salads to add more variety.
- Frozen apples slices are individually-quick frozen, which means, you can open the package, take as much or as little as needed, close the bag and put the rest back in the freezer.
- Frozen fruit may be stuck together when removed from the freezer. Use your hands to break the frozen fruit apart before taking out the amount needed.
- Frozen apples can be thawed in the refrigerator or they can be thawed during baking/cooking.

Storing Foods at Home

- Store unopened frozen fruit in the freezer.
- For best quality, store unused portion (after opening) in a sealed air-tight container or freezer safe bag in the freezer to keep out moisture and reduce freezer burn.

MyPlate Facts

- Fiber from fruit helps keep your heart healthy and helps to reduce cholesterol.
- Fiber is important for bowel function and helps prevent constipation.
- Eating a diet full of fruits and vegetables may reduce the risk for heart disease and may help prevent some cancers.
- Any fruit counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried!
- Fresh, canned, dried, and frozen fruit contain nutrients that are important to your health.



USDA Foods

Apple Pancakes

Makes 6 servings

Ingredients:

non-stick cooking oil spray, as needed
12 frozen apple slices, thawed
1¼ cup pancake mix (any type)
½ teaspoon cinnamon
1 large egg
2 teaspoons canola oil
1 cup low-fat milk

Directions: Wash hands with soap and water.

1. Lightly coat a griddle or skillet with cooking spray and heat over medium heat.
2. In a large mixing bowl, combine pancake mix, cinnamon, egg, canola oil, and milk for pancake batter. Stir until ingredients are evenly moist. (Small lumps are ok! Over-mixing makes pancakes tough.)
3. For each pancake, place two apple slices next to each other on the griddle and pour about 1/4 cup of the batter over the apples, starting in the center until it is covered.
4. Cook until bubbles appear. Turn and cook other side until lightly brown.

Recipe adapted from K-State Research and Extension Family Nutrition Service

Apple Crisp

Makes 8 servings

Ingredients:

non-stick cooking oil spray, as needed
4 cups frozen apple slices, thawed
¼ cup quick cooking oats
¼ cup flour
½ cup brown sugar
1 tablespoon cinnamon
¼ cup margarine or butter, cut into small pieces

Directions: Wash hands with soap and water.

1. Preheat oven to 350 °F.
2. Grease the bottom and sides of a square pan with nonstick spray or a small amount of butter.
3. Spread the apple slices on the bottom of the pan.
4. Combine oats, flour, brown sugar, and cinnamon in a medium-sized bowl.
5. Using two knives, cut the margarine into the mixture until it looks like small crumbs. Sprinkle the mixture over the top of the apples.
6. Bake in the oven for about 20 minutes or until golden brown.

Recipe adapted from Husky Nutrition at UConn Health