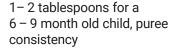


## **Eating Smart throughout the Lifecycle**

# Apples for the Family

Servings and Serving Size Dependent upon Age of Child



3 – 4 tablespoons for a 9 –12 month old child, puree consistency, or diced

Look for Local: Suggested varieties to use with this recipe are Gala, Rome, Braeburn or Macintosh.



Per 1/2 cup

70 calories
Total Fat 0 g
Saturated Fat 0 g
Protein 0 g
Total Carbohydrate 17 g
Dietary Fiber 3 g
Sodium 0 mg

### **Ingredient**

· 1 medium apple

#### **Directions**

This recipe is written so that apple puree, applesauce or cooked apples can be made.

- 1. Peel, core and cut 1 apple into slices or chunks.
- 2. Place slices or chunks into a pan with just enough water to slightly cover the apple pieces.
- 3. Boil until tender. Be sure to stir and check the water level often.

Based on the age of the child, continue by following the appropriate process:

**For a puree consistency:** Mash apple with a potato masher or the back of a spoon to achieve a smooth applesauce texture. Use a little of the leftover water to thin out the apples, if necessary. Place the apples into a blender and blend to achieve a smooth, thin puree. Cool before offering to the child.

**For sauce:** Apples may be mashed with a potato masher to achieve a smooth applesauce consistency. Add water if necessary. Cool before offering to the child.

**For diced, cooked apples:** Cut the slices or chunks into desired size. Cool before offering to the child.

# **MOVE MORE**



# Be Active with Baby

Let your baby see that moving more can be fun! Place your baby in a high chair or stroller and do leg lunges facing your baby. Each time you lunge forward, tell your baby you love them, blow them a kiss, or say, "Hello" and their name. Count your lunges out loud. Your baby is watching, listening and learning.











PAD20-E 08/22 Infants