



HEALTH BENEFITS OF FRUIT

- Most fruits are naturally low in fat, sodium and calories.
- Eating a diet rich in fruits (and vegetables), as part of an overall healthy diet, may reduce risk for heart disease, including heart attack and stroke.
- Good sources of fiber.
- Fruit has zero cholesterol.
- Good sources of many vitamins and minerals.
- Eating a diet rich in fruits, as part of an overall healthy diet, may protect against certain types of cancers.
- Eating fruits rich in potassium, as part of an overall healthy diet, may lower blood pressure, may also reduce the risk of developing kidney stones, and help to decrease bone loss.

EAT BETTER. LIVE BETTER.

APPLE (CHEDDAR PIZZA WITH TOASTED PECANS

INGREDIENTS

- 3 large apples, thinly sliced
- 1 cup(s) apple juice
- 1 (12 oz. can) refrigerated, ready-made pizza dough
- vegetable oil cooking spray
- 1 Tbsp cornstarch
- ½ tsp ground cinnamon
- 2 Tbsp honey
- ¼ cup chopped toasted pecans
- 1 cup grated white cheddar cheese

METHOD

- Pre-heat oven to 425°F.
- Lightly coat 14-inch pizza pan with cooking spray. Press dough into pizza pan.
- Cook apples in apple juice until tender. Drain off juice and reserve. Place apple slices on dough. Dissolve cornstarch in apple juice, cinnamon and honey. Cook over medium heat until clear. Spread sauce over apples. Sprinkle pecans on top. Top with cheese.
- Bake in a 425°F oven for 15–20 minutes



LIVE BETTER

HEALTHIER. STRONGER. TOGETHER.