

# Naturally Nutritious

BLOG #14

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## AN APPLE A DAY

Growing up, I always used to hear, “An apple a day keeps the doctor away.” An apple is surely a nutrient-dense choice, but you could get tired of eating them every single day. Apples are widely available at grocery stores all year, but the best time for apples is when September comes around and fall is right around the corner. Orchards are bursting with crisp apples ripe for the picking. Have you ever plucked an apple straight from a tree and bitten into it? It doesn’t get fresher than that! While you’re enjoying the sweet and crunchy flavor of a fresh apple, consider all the benefits and all the ways you could use it.

Apples are a rich source of dietary fiber, particularly soluble fiber like pectin, which can help support digestive health and lower cholesterol levels. They also provide a variety of antioxidants which help protect the body from oxidative stress and support a healthy immune system. With their high water content and natural sweetness, apples are hydrating, low in calories, and can aid in weight management by promoting satiety. Additionally, compounds found in apples have been associated with improved heart health, better blood sugar regulation, and potentially a reduced risk of certain chronic diseases.

### KEY NUTRITIONAL BENEFITS OF APPLES

- *High in fiber – supports digestion and helps lower cholesterol*
- *Source of vitamin C – boosts immune function and skin health*
- *Rich in antioxidants – protects cells from damage and inflammation*
- *Associated with lower risk of stroke, diabetes, and certain cancers*
- *Hydrating and low in calories – supports weight management*
- *Supports blood sugar control – low glycemic index and natural sweetness*





Note: Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.

There are hundreds of varieties of apples, and they all have different applications. In the kitchen, apples transform dishes with their taste and adaptability. From the classic apple pie to innovative salads incorporating the crisp sweetness of apples, the possibilities are endless. They can be baked, stewed, or served raw, pairing beautifully with a range of flavors from warm spices to savory cheeses.

Apple slices with peanut butter make a quick, nutritious snack, offering fiber, healthy fats, and protein. Applesauce can replace oil in baking, and apple cider can naturally sweeten sauces or dressings. Apples are not just tasty, they are versatile and great for your health.

Try this simple and customizable recipe for No Bake Applesauce Oatmeal Bites. Packed with oats, apples, nut butter, and chia seeds, they support heart health and provide lasting energy. Use chopped dried apples or apple chips for more flavor, adjust the spices to your liking, and substitute chia with flax if desired. However you make them, these bites are a delicious and energizing treat.

## CULINARY USES OF APPLES

### BAKE

*Apple pies, crisps, cobblers, tarts, muffins, cakes, or bread*

### RAW & FRESH

*Slice apples for snacks, salads, or dipped in nut butter or yogurt. They add crunch and sweetness to green salads, grain bowls, or slaws.*

### SAVORY DISHES

*Apples can be sautéed or roasted with pork, chicken, or root vegetables. Apples pair well with cheese (cheddar, brie, gouda) and nuts.*

### SAUCES & CONDIMENTS

*Applesauce, apple butter, chutney, or apple compote can add to sweet and savory dishes*

### BREAKFAST DISHES

*Mix apples into oatmeal, yogurt bowls, pancakes, or baked oatmeal*





# NO-BAKE APPLE SAUCE OATMEAL BITES



## INGREDIENTS

*MAKES 24 SMALL BITES*

1 ½ cups rolled oats

½ cup applesauce (unsweetened)

½ cup nut butter (peanut, almond,  
or sunflower seed)

2 tablespoons maple syrup

1 teaspoon cinnamon

½ teaspoon vanilla extract

Pinch of salt

2 tablespoons chia seeds

¼ cup diced dried apples

## INSTRUCTIONS

1. In a large bowl, stir together the applesauce, nut butter, honey/maple syrup, vanilla, and cinnamon until smooth.
2. Add the oats and salt. Mix until fully combined. Stir in any optional mix-ins.
3. Cover the bowl and place in the fridge for 20-30 minutes to make it easier to roll into balls.
4. Use a spoon or small scoop to portion and roll into small bite sized balls. If the mixture is too sticky, lightly wet your hands.
5. Store in an airtight container (Up to 1 week in the fridge or 1 month in the freezer)

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