

# Healthy Herald

Healthy  
MONROE  
LIVE WELL. BE WELL.

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Did you know?

According to the Michigan Apple Committee, in 2016 Michigan harvested 1.176 billion pounds of apples! Enjoy delicious Michigan apples this fall! Try these 10 tasty ideas!



1. Crunch whole for a healthy snack
2. Dip slices in peanut butter
3. Dip slices in vanilla yogurt and crushed cereal
4. Wrap them up (try the recipe below!)
5. Chop and add to a salad
6. Add chopped small cubes to pancake batter
7. Add chopped small cubes to muffin mix
8. Cook down into applesauce
9. Core and bake with cinnamon
10. Slice and make an apple crisp with oatmeal

## Apple Wraps

Recipe and nutrition information available at: [www.cookingmatters.org](http://www.cookingmatters.org)

### Serving Size:

Serves 4, 1/2 wrap per serving

### Ingredients:

- 1 large apple
- 2 medium, ripe bananas
- 2 tablespoons peanut butter
- 2 (8-inch) whole wheat tortillas

### Instructions:

1. Rinse and cut apple in half, lengthwise. Remove any stems. Cut out center core that contains the seeds. Do not peel.
2. Lay apple halves flat side down. Cut into 1/4-inch thick slices. Cut slices into small cubes.
3. Peel bananas. In a medium bowl, use your fingers to break bananas into pieces. Use your fingers or a fork to mash pieces until creamy and smooth.
4. Add peanut butter to mashed banana. Stir well to blend.
5. Spread peanut butter mixture over one side of each tortilla.
6. Sprinkle diced apple over peanut butter. Tightly roll each tortilla. Cut each wrap in half.
7. Chill in refrigerator until ready to serve, up to 24 hours.

## September Events

### September 20th: Mall Walk and Talk

Time: 8:00 - 10:00 a.m.

Location: Mall of Monroe (meet at the Food Court)

Price: Free!

### September 20th: Living With Diabetes- Mindful Eating

Time: 7:00 - 8:30 p.m.

Location: Monroe Home Care Shoppe

Price: Free!

### September 26th: Adult and Child CPR/AED

Time: 10:00 a.m. - 12:00 p.m.

Location: Monroe County Health Department  
Price: \$25, includes American Heart Association  
workbook and certification card.

Registration is required.

### September 27th: Grocery Store Tour- Diabetes Health

Time: 10:30 - 11:30 a.m.

Location: Monroe Meijer

Price: Free! Registration is required.

**Call 734-240-7800 to register for our events!**

**Get active! Enjoy the fall weather  
with fun fall activities!**

Ride a bike • Pick apples • Visit a pumpkin patch •  
Play football • Rake leaves • Visit a local park •  
Signup for a fall 5K walk/run or start training now  
for a Thanksgiving Turkey Trot walk/run! •