Cooked Apple

A warm and delicious snack

Makes: 3 servings (2/3 cup each)

Preparation Time 5 minutes

Ingredients

- 2 medium apples
- 2 tablespoons peanut butter, almond butter or other nut butter

Directions

1. Slice apples into thin wedges, leaving skin on.
2. Place in a microwavable bowl, cover and cook 3-4 minutes until soft.
3. Mix peanut butter into the cooked apples

Nutrition

- 2/3 cup serving
- Calories 130
- Carbs 18g, Added sugars 0g, Fiber 3g
- Fat 5g, Protein 3g, Sodium 36mg, Potassium 130mg

WATCH, TASTE, LEARN Healthy Cooking Class

Elizabeth Caruthers, RDN, CDCES Nutrition and Diabetes Program Coordinator

469 Migeon Avenue Torrington, CT 06790 10 Center Street Winsted, CT 06098

860-489-0931 chwctorr.org

Community Health & Wellness

Our Family – Taking Care of Yours

Elizabeth Caruthers, RDN, CDCES

Registered Dietitian-Nutritionist

Certified Diabetes Education Specialist

Looking for support?

A registered dietitian-nutritionist and diabetes educator can help you build a foundation of better health. Services at Community Health and Wellness are covered by HUSKY, Medicare, private insurance, and financial assistance.

Nutrition Counseling

- Nutritional assessment and individualized guidance based on your health conditions and laboratory results.

Diabetes Prevention Program

- Weekly groups led by a registered dietitian-nutritionist with peer support to keep you motivated.

Diabetes Education Program

- Individual appointments to help you gain the knowledge, skills and confidence to manage your diabetes well.

Watch, Taste, Learn

- Healthy cooking classes, recipe demonstrations and tastings.

Want to learn more?

Contact Elizabeth Caruthers, Nutrition and Diabetes Program Coordinator at 860-489-0931 x1110 or ecaruthers@chwctorr.org.

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