

Apple

1 SERVING 2 MINUTES



INGREDIENTS

1 Apple

NUTRITION

AMOUNT PER SERVING

Calories	95	Iron	0mg
Fat	0g	Vitamin D	0IU
Carbs	25g	Folate	5µg
Fiber	4g	Magnesium	9mg
Protein	0g	Zinc	0mg
Vitamin C	8mg		

DIRECTIONS

- 01 Start with peeled apples in (1) cooked dishes, (2) applesauce, and (3) small amounts of homemade apple juice.
- 02 Progress to peeled and uncooked apples at later Stages.

NOTES

RECIPE ID 302

RECIPE IDEAS

See recipes included in Stage 2b.