



# APPLES

Apples come in various shapes, colors, and flavors, depending on the variety. Some common appearances include round or slightly oblong shapes with smooth or slightly textured skin. Apple colors range from bright reds, yellows, and greens to more subdued hues like pink and russet.



## FLAVOR AND TEXTURE

Apples can vary from sweet to tart, crisp to soft, with some varieties offering a balance of both.

## HEALTH BENEFITS

Apples are a good source of dietary fiber, vitamin C, and various antioxidants. The fiber content, particularly pectin, can aid digestion and promote gut health.

