

# Apples



Each medium-sized apple contains 95 calories. Roughly 87 percent of these calories come from carbohydrates. The carbs found in apples help metabolize fats, aids in nervous system function and helps muscle tissue hold onto its protein stores. Each medium apple also contains 4.4 grams of dietary fiber which is about 15 percent of the recommended daily fiber intake for adults.

## **Apple Potato Pancakes**

Serves 4

### **Ingredients**

2 medium apples  
2 small russet potatoes  
4 tablespoons flour  
2 teaspoon salt  
Pinch of nutmeg  
2-3 tablespoons butter or vegetable oil  
Sour cream (optional)  
Chopped parsley

### **Directions**

1. Peel and shred apples and potatoes. Use a cheesecloth or towel to squeeze all the liquid out that you can. Put into a large bowl. Add the flour, salt, and nutmeg. Mix well to combine.
2. Heat butter or oil in a skillet over medium heat. Form a heaping spoonful of the apple-potato mixture into a flat pancake and fry for about 4 minutes. Flip pancake and fry for an additional 4 minutes until golden brown and crispy. Repeat with the remaining mixture. Season with salt and pepper to taste. Garnish with sour cream and fresh chopped parsley.