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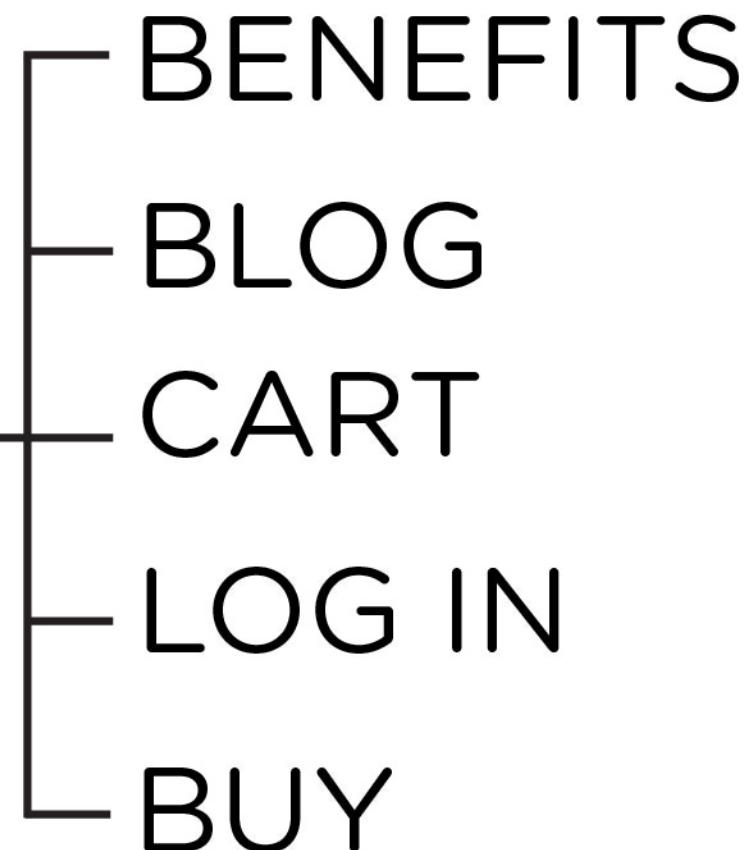
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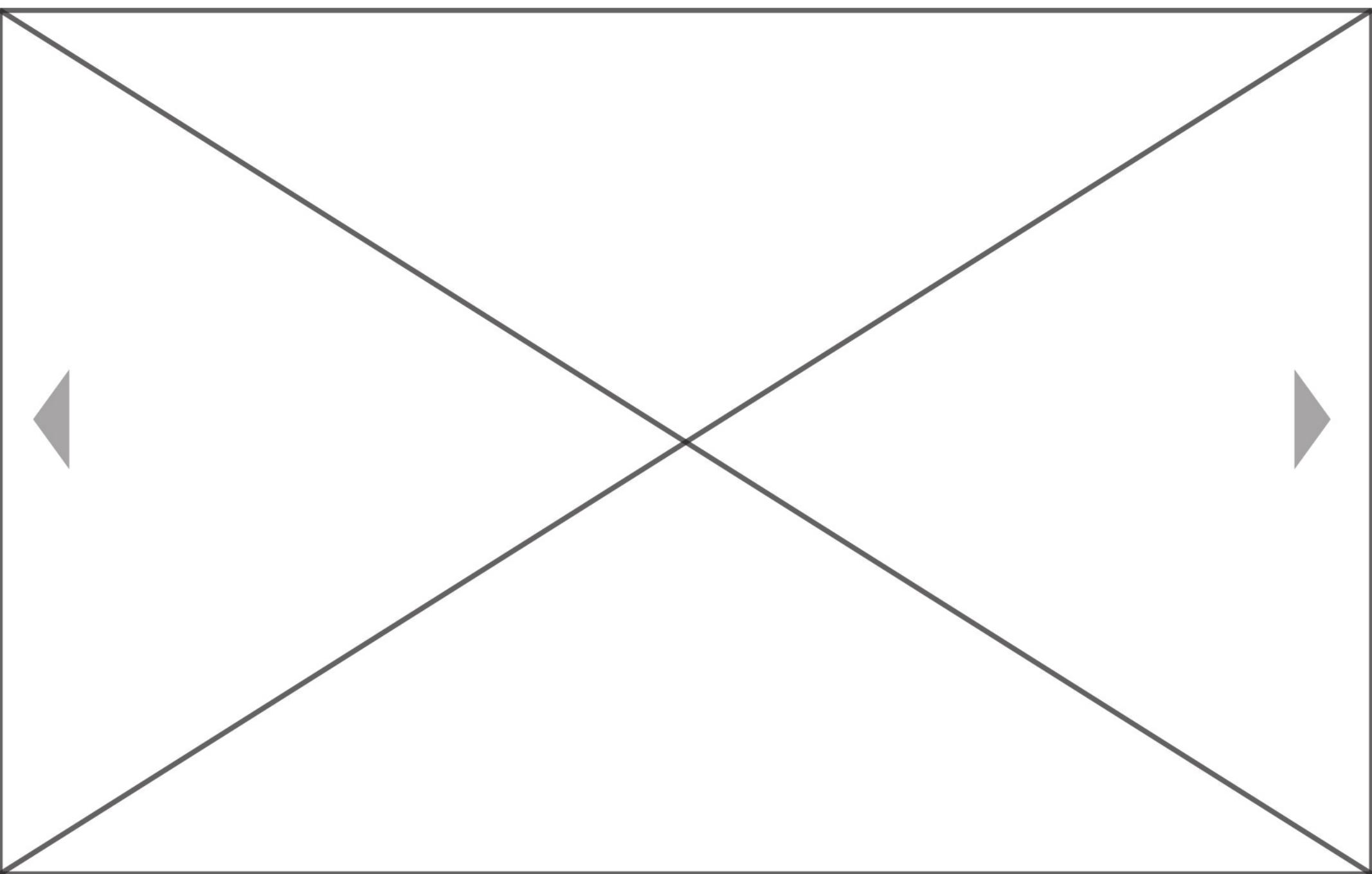
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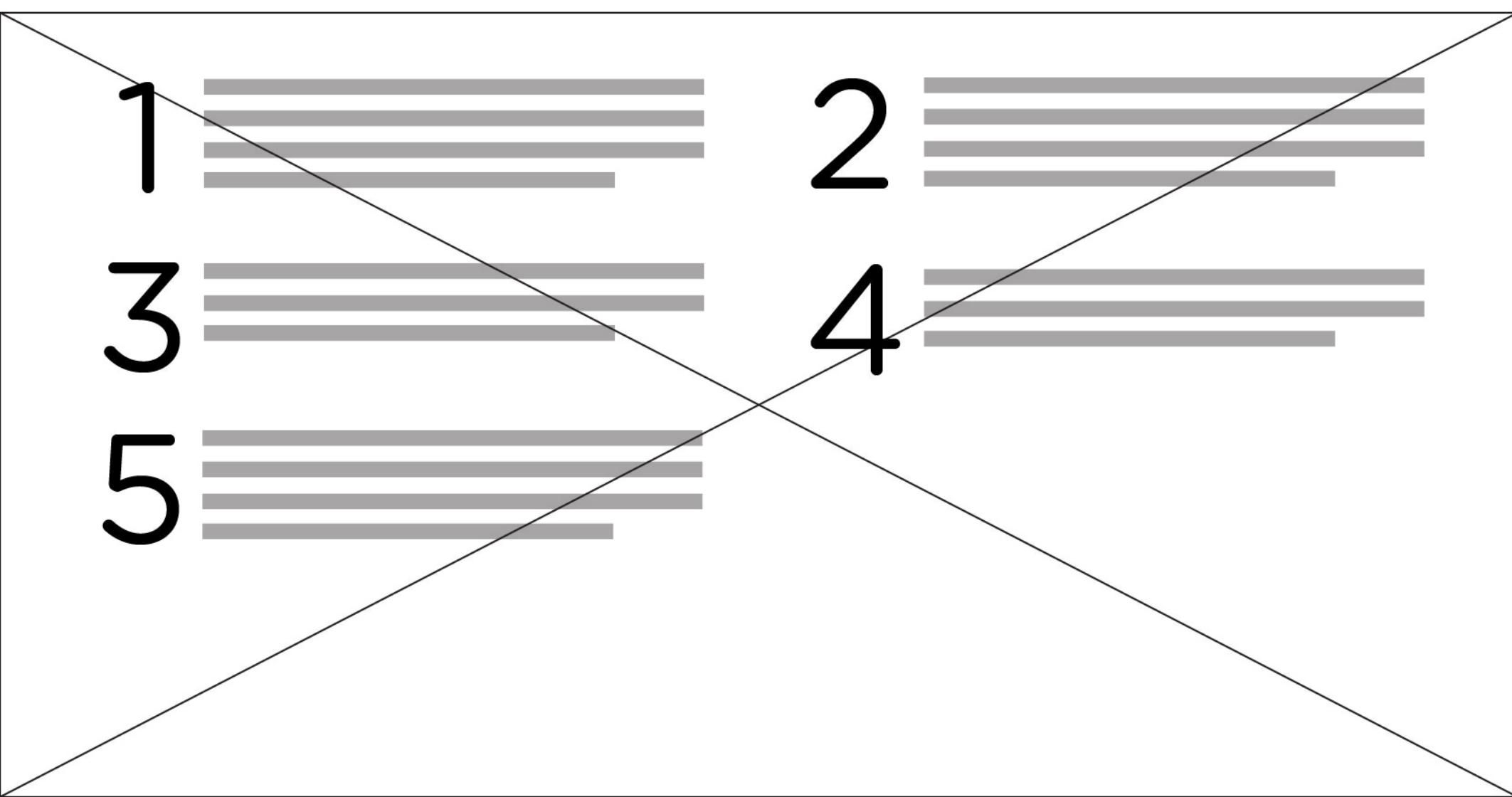
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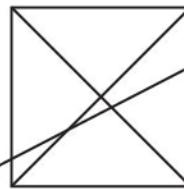
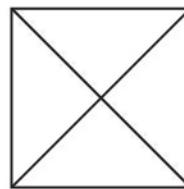
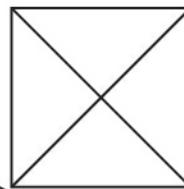
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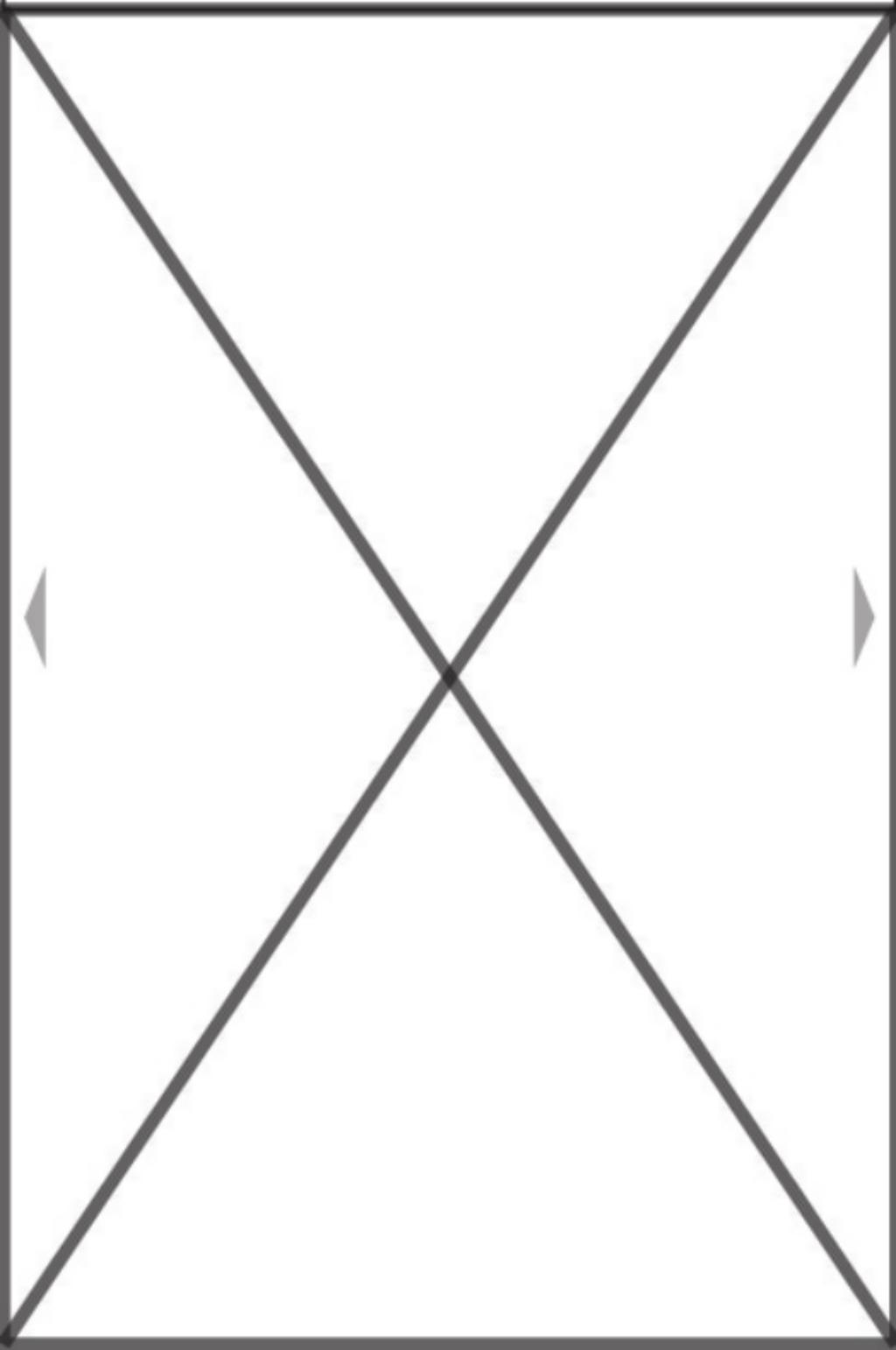
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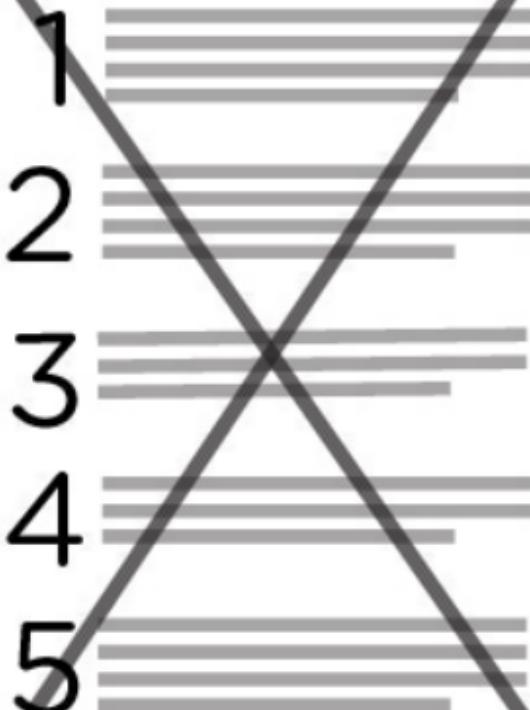
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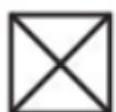


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Benefits

1 Avoid Alzheimer's

A new study performed on mice shows that drinking apple juice could keep Alzheimer's away and fight the effects of aging on the brain.

3 Get whiter, healthier teeth

Biting and chewing an apple stimulates the production of saliva in your mouth, reducing tooth decay by lowering the levels of bacteria.

5 Curb all sorts of cancers

Scientists agree that the consumption of flavonol-rich apples could help reduce your risk of developing pancreatic cancer by up to 23 per cent. Researchers at Cornell University have identified several compounds—triterpenoids—in apple peel that have potent anti-growth activities against cancer cells in the liver, colon and breast.

2 Protect against Parkinson's

Research has shown that people who eat fruits and other high-fibre foods gain a certain amount of protection against Parkinson's, a disease characterized by a breakdown of the brain's dopamine-producing nerve cells.

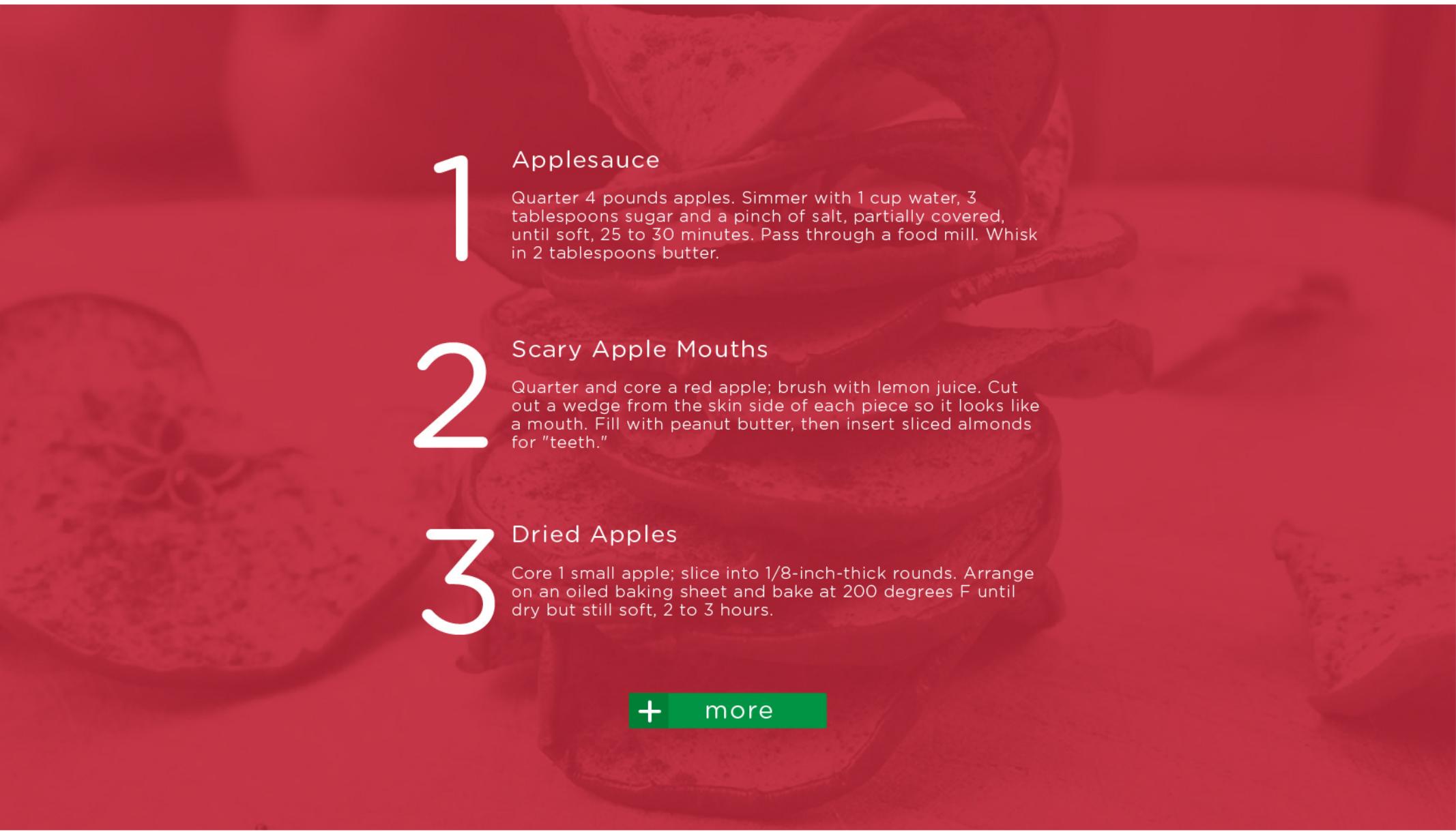
4 Decrease risk of diabetes

Women who eat at least one apple a day are 28 percent less likely to develop type 2 diabetes than those who don't eat apples. Apples are loaded with soluble fibre, the key to blunting blood sugar swings.



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Recipes

A background image showing several apples of different varieties, some whole and some sliced, with a warm, reddish-orange glow.
1

Applesauce

Quarter 4 pounds apples. Simmer with 1 cup water, 3 tablespoons sugar and a pinch of salt, partially covered, until soft, 25 to 30 minutes. Pass through a food mill. Whisk in 2 tablespoons butter.

2

Scary Apple Mouths

Quarter and core a red apple; brush with lemon juice. Cut out a wedge from the skin side of each piece so it looks like a mouth. Fill with peanut butter, then insert sliced almonds for "teeth."

3

Dried Apples

Core 1 small apple; slice into 1/8-inch-thick rounds. Arrange on an oiled baking sheet and bake at 200 degrees F until dry but still soft, 2 to 3 hours.



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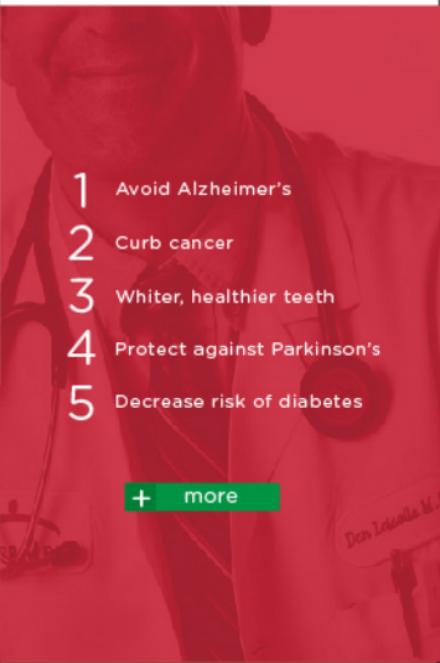
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- 
- 1 Avoid Alzheimer's
 - 2 Curb cancer
 - 3 Whiter, healthier teeth
 - 4 Protect against Parkinson's
 - 5 Decrease risk of diabetes

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