



# Organic Apple Sauce<sup>®</sup>

## 100% Natural. 100% Good.

The demand for organic food is increasing rapidly. Make Musselman's your choice for organic apple sauce – all the quality and taste you expect from the *Apple Experts* at Musselman's. Our organic apple sauce is 100% natural and 100% good – prepared from a special blend of hand picked organic apple varieties.

Available in two great flavors – Sweetened and unsweetened

Available in convenient 4 oz. Single Serve Cups

USDA Certified Organic

100% Daily Value of Vitamin C

Naturally Fat Free



## Benefits of Apples and Apple Sauce...

- Apples are a respectable source of potassium, which may help to maintain healthy blood pressure.
- 1 medium size apple contains 5 grams of dietary fiber, which is 20% of the recommended daily intake. This is more than oatmeal and most breakfast cereals. (Fiber may maintain heart health, reduce the risk of some cancers, and aid in digestion.)
- The UC-Davis study showed that daily consumption of two apples or 8 oz. of apple sauce, reduced the damage caused by the “bad” type of cholesterol on the cardiovascular system, thus helping to protect against heart disease.
- Apples contain boron. This essential trace element helps to harden bones, which may reduce the onset of osteoporosis.
- Apples and apple sauce contain complex carbohydrates that give you energy faster than eating something high in sugar, which may reduce the onset of osteoporosis.
- Apples have no fat, cholesterol or sodium. (A diet low in fat, cholesterol and sodium may help to maintain heart health and healthy weight.)
- Apple sauce is a fat free substitute for oil when baking cakes, muffins and other moist goods. Substitute the same amount of apple sauce as the recipe calls for oil.

**Make Musselman's your choice for organic apple sauce!**

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