

Ten Easy Apple Recipes

**Wednesday, October 2, 2024
12:00 noon – 12:30 p.m.**



The October WellNYS Everyday Monthly Challenge is to enjoy a New York State apple. Apples are delicious to eat raw or cooked. This webinar will share ten easy apple recipes which will include: healthy apple crisp, apple butter, a three-ingredient appetizer, a delicious smoothie, salads and more.

Presented By:

Linda Carignan-Everts, Statewide Wellness Coordinator

To register for this webinar, go to

<https://meetny.webex.com/weblink/register/r84b2514e3b66f6834dfabadd5cfb1c18>

