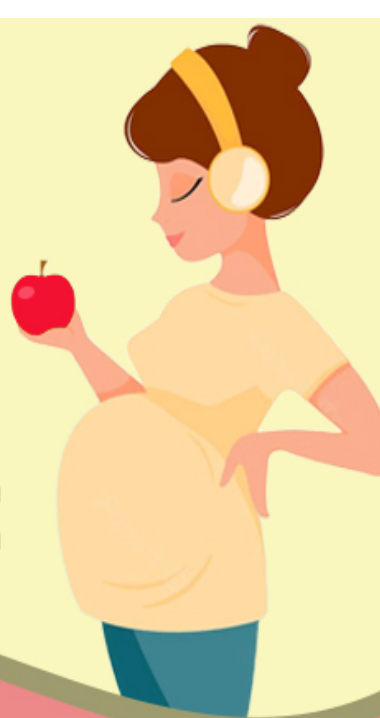


How To Eat Apples When You Are Pregnant



Eat fresh apples after washing and cutting them.

Drink it as a fresh juice or mix it with other fruits and vegetables, but limit it to two times a day.



Mix it with brown sugar and honey and bake them until they turn soft and golden brown.

Snack on crisp apple chips or dried apples.



Make homemade applesauce to pair with pancakes, yogurt, and other dishes.

You can also try drinking apple tea.

