

# How To Relish Apples While Breastfeeding



## Add apples to various recipes

One of the easiest ways to enjoy apples is to add them to recipes like fruit salad and pancakes.

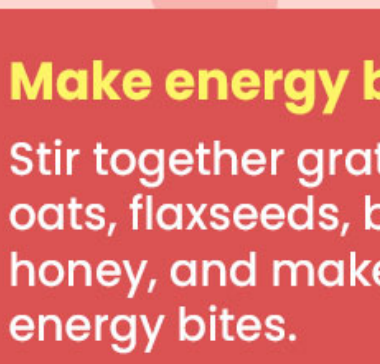
## Drink apple juice

Pick 100% pure apple juice without added sugar to reap the benefits of apples.



## Make fiber-rich cookies

If you are a cookie lover, make cinnamon apple cookies with oats and walnuts.



## Make energy bites

Stir together grated apples, oats, flaxseeds, butter, and honey, and make delicious energy bites.



## Drink a smoothie

Boost your nutrition with a healthy apple, yogurt, and banana smoothie.



## Prepare a parfait

A creamy parfait made of homemade yogurt and apple compote will satisfy your cravings healthily.