

# How To Eat Green Apples In Pregnancy?



Eat the whole fruit, either peeled or unpeeled



Blend it with other fruits of your choice along with yogurt, for a healthy shake



Cut the green apple into thin slices and enjoy with peanut butter as a snack



Bake thin slices of green apples until they become crispy



Include green apples in your fruit salads or toss them with baby spinach



Add them as a topping in your pancakes, yogurt, or any dessert

