

Baby Fuji Apple



- Fuji Apples are a cross between Red Delicious & Old Virginia Rains Genet
- Developed by an apple farmer in Japan
- Fuji apples are crisp, crunchy and fairly sweet
- They help you stay healthy: “An Apple a Day, Keeps the Doctor Away”
- A healthy sweet snack to keep you feeling full longer
- Slice in half or quarters and eat as a quick and easy snack.
- Add them to smoothies, salads, and yogurt

 [Click here to see how apples grow](#)

OKCPS School Nutrition Services

