

Three Ways To Stop Apples Browning

Hassle-Free Healthy Lunch Box Tips with Belinda Smith.



Apples are a brilliant and convenient lunch box food, but children often don't like eating them whole, or they don't like how they turn brown in the lunch box when they are cut into smaller pieces. Today I share with you 3 great ways to stop the apples oxidising and turning brown in the lunch box.

1. Cinnamon Chunks

Cinnamon is great for boosting brain activity and is recognised as a mood enhancer. Combine cinnamon with an apple and you have a fantastic healthy sweet snack for the lunch box. Cut your apples into chunks, then pop them in a zip lock bag with a good shake of cinnamon (not cinnamon sugar) and then toss the apples around so the cinnamon coats the chunks.

2. Elastic Band It

Cut an apple so it has 4 cuts all the way through (2 downwards alongside the core, then 2 across ways alongside the core). Then rejoin the pieces and hold in place as a whole apple with an elastic band.



Stop Apples From Browning

3. Soaking

Soaking your cut or sliced apples in soda water or water with 1 tablespoon of lemon juice for 5 minutes before adding to them lunch box will stop them from browning.

Ideas

- Rotate these methods during the week to increase the variety in the lunch box. Of course, adding a whole apple adds even more variety.

These Hassle Free Healthy Lunch Box Tips are brought to you by Bel Smith, Health & Wellness Coach. For more lunch box inspiration and a FREE eBook, subscribe via email at therootcause.com.au.