

## From apple to juice

Eating apples is health. This type of fruit has many good effects on us:

The fruits help us in three ways to think more clearly, since they \_\_\_\_\_

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The fruits help us in three ways to think more clearly, since they

They are also good for our teeth, because \_\_\_\_\_

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They are also good for our teeth, because

If we have trouble with our digestion, i.e. if we have \_\_\_\_\_, apples can help again because

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If we catch a cold, we can help to strengthen our natural defences by eating apples, because apples contain a vitamin which is very helpful here. It is called \_\_\_\_\_ and is present in apples especially.

\_\_\_\_\_.

One use for apples is to turn them into fruit juice. Apple juice from the shop was produced in this way:

First of all the apples are \_\_\_\_\_, to ensure they are clean, and then processed to

\_\_\_\_\_ and to \_\_\_\_\_.

To get more juice out of the fruit, certain substances are added. These \_\_\_\_\_

\_\_\_\_\_.

Then \_\_\_\_\_

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## Cocktail recipes<sup>1</sup>:

### Apple and mango buttermilk

#### Ingredients for 1 glass:

100 ml apple juice  
100 ml buttermilk  
1 teaspoonful honey  
1 large pinch of grated lemon peel  
1 pinch of ground ginger  
1 tablespoonful mango syrup  
apple and lemon for garnishing

#### How to prepare:

Place the cold apple juice, buttermilk, honey, lemon peel, ginger and mango syrup together with 2-3 ice cubes into a shaker. Shake well and pour without ice into a long drink glass. Garnish with apple and lemon pieces on a cocktail stick.

### Apple and mint punch

#### Ingredients for 6-8 glasses:

4 bags of peppermint tea  
6-8 teaspoonfuls peppermint syrup  
1 sweet-and-sour apple  
1 litre clear apple juice  
1 small potted mint plant

#### How to prepare:

Pour 1 litre of boiling water over the tea bags, allow to draw for 5 minutes, remove the bags and allow the tea to cool. Stir in the mint syrup. Wash the apples, cut into quarters and, after removing the core, slice into thin wedges. Stew in a little apple juice for 2-3 minutes and allow to cool. Add this, together with the rest of the apple juice, to the peppermint tea and place in the refrigerator. Rinse the mint, shake dry, tie together to a bunch and hang downwards into the bowl.

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<sup>1</sup> Source: Verband der deutschen Fruchtsaft-Industrie e. V. at <http://www.fruchtsaft.de/rezepte/herbstcocktails/herbstcocktails.html> (03.2003)