

Recipe

Plain dressing using apples & onions

< material >

apple x 2 onion x 1 mayonnaise (tablespoonful x 2)

lemon juice (tablespoonful x 1) pepper (a nip)

< how to cook >

1. Grind apples, chop an onion finely & mix these.
2. Add mayonnaise.
3. Add pepper & lemon juice, and mix these.

completion

Dressing with apple & yoghurt

< material >

apple x 1/2 yoghurt (1tbs) lemon juice (a nip)

olive oil (2tbs) sugar (a tea spoon)

< how to cook >

1. Mix the olive oil & the yoghurt 2:1 in proportion.
2. Cut the apple into pieces & add sugar and lemon juice.
3. Mix well.

completion

Impression

It's difficult for us to think of recipes that children & elderly people can enjoy.

Summary

These recipes were healthier than we expected.

In the future

- o We will make a different kind of dressing
- o Look for something else that fits the salad.

APPLE DRESSING



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Motive

Some people don't like vegetables and don't eat them very much.

So, we want them to eat more vegetables by using this dressing.

We want to make a healthy diet with apples as special products of Aomori prefecture.

We thought a dressing with onion and yoghurt that suited apples would work for vegetables too.

Component of dressing

< Apple ... >

o carbohydrate

↳ decompose lactic acid and change energy

o malic acid · citric acid

- ↳ recovery from fatigue
- ↳ break up hangover
- ↳ help digestion

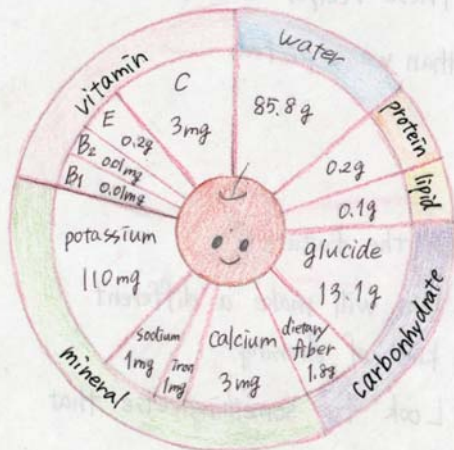
o potassium

- ↳ prevent hypertension

o pectin

- ↳ prevents - diarrhea & constipation

< Nutrient >



(50kcal per 100g)

< Onion ... >

o sulfur compound (Allylsine)

- ↳ recovery from fatigue
- ↳ strengthen stamina
- ↳ prevent cold influenza

o trisulphide

- ↳ improve bloodstream
- ↳ improve coldness

o quercetin

- ↳ prevent aging & lifestyle-related diseases

o dietary fiber

- ↳ improve constipation
- ↳ detox

< Yoghurt ... >

o lactic acid bacterium

- ↳ cleaning the bowels
- ↳ sterilize helicobacter pylori

o lactobacillus bifidus

- ↳ improve constipation
- ↳ raise immunity
- ↳ control an allergic reaction
- ↳ skin beauty effect
- ↳ improves the bloodstream