



## < rice flour bread >

### ☞ ingredients

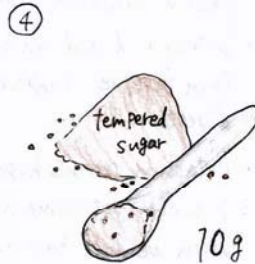
- ① bread rice flour
- ② milk
- ③ butter
- ④ tempered sugar
- ⑤ dry yeast
- ⑥ paste made from apple skins
- ⑦ spinach paste

### ☞ how to cook

1. Put ①②③④⑤ in bowl and knead it.
2. Put ⑥⑦ in it and knead equally.
3. Ferment it for about 40 minutes.
4. Cut the dough into 8 equal pieces and shape it into a ball, leave it for about 10 minutes.
5. Cook it for about 30 minutes in a frying pan, Turn it over and cook it for about 5 minutes.
6. Let it cool off on a wire mesh.



## ingredients



## healthy foods made use of apple



Hirosaki Minami High School

13HR

## { Purpose }

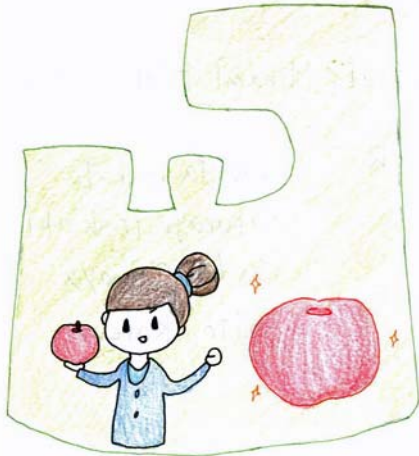
We are interested in the different kinds of sugar content in apples and healthy foods that make use of apples.

Life expectancy in Aomori is the shortest in Japan.

So, we thought of two things.

First, we must find an improvement to the problem.

Second, we want to live a healthier lives with apples.



## { Components of apples }

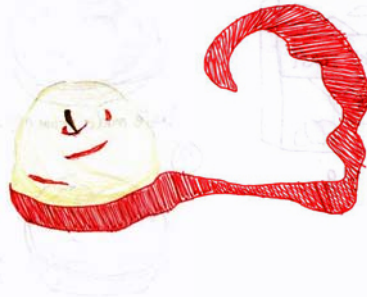
Apples have a lot of components.

- fructose      • malic acid
- glucose      • citric acid
- pectin      • potassium



- Pectin inhibits diarrher and constipation.
- Citric acid and malic acid help us recover from fatigue, hangovers and promotes digestion.
- Potassium prevents hypertension.
- We can get some nutrition from apples when we don't have any appetite.

★ Let's eat unpeeled apples ★



## { Sugar content }

- Wang Lin 16%    • Shinano-Sweet 15%
- Tsugaru 15%    • Hokuto 15%
- Jonah gold 15% • Chiaki 15%
- Fuji 15%    • Shinano-gold 15%
- Jonathan 14% • Kion 14%
- Suntsugaru 13% • Mutsu 13%
- Cute 12%    • Chiyuki 12%
- Miyoshired 11% • Mikilife 11%

~ Apple's sugar and its products ~

