

# Jazz Apples

The Jazz Apple originated in New Zealand in the 1980s when they decided to create an all-natural fusion of Royal Gala and Braeburn apples. Jazz apples are a crisp hard apple with an excellent strong sweet-sharp flavor, and a pronounced fruity pear drop note.

## Nutritional Education

- The Jazz apple skin contains higher levels of antioxidants than the flesh, and scientists state the antioxidant power of an apple is equal to more than 1,500 milligrams of vitamin C.
- Pectin, a natural fiber found in apples, prevents cholesterol from building up in the lining of blood vessel walls helping reduce the risk of cardiovascular disease, stroke, and high blood pressure.
- Jazz Apples contain vitamins A, C, E, K, B6, Folate, Thiamin, and Riboflavin.

**Find your way  
through and  
color me in!**

