

## Pre- and Post-Workout Snack

### INGREDIENTS

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1 apple\*

OR

Nuts - 1 small handful  
(almonds, walnuts)

OR

1 regular cheese stick

### ***\*An apple a day--***

Here is the latest info on apples and especially their skin:

*Quercetin*, a powerful antioxidant, is found in the skin of apples. Quercetin is a natural antihistamine and may help relieve allergy and asthma symptoms.

It also has anti-inflammatory properties that may help reduce inflammation in the body.

