

Lady in pink

The perfect healthy snack; sweet and crisp with loads of vitamin C!

There are some things you just need to take slowly: Pink Lady® apples are left on the tree for longer to develop their characteristic pink blush and sweet, crunchy taste. But it's because of their flavour that they're absolutely fabulous in recipes – and they're a great source of antioxidants and Vitamin C (one apple supplies a quarter of your recommended daily quota).

Crafts for cancer

Pink Lady® are hosting their Crafts for Cancer workshop on 22 October 2011 at De Grendel Wine Estate. Join them for a fun-filled day of creativity and be serenaded by Afrikaans singer Jakkie Louw to help raise funds for the Tygerberg Hospital's Breast Clinic Transport Project. Tickets cost R250 (including craft materials and lunch). For more info call Liza on 021 874 1033 or email therichards@telkomsa.net.

That's a fact...

- ★ About 10% of each Pink Lady® apple is made up of carbohydrates.
- ★ About 4% is vitamins and minerals, while approximately 80% is water.
- ★ On average, a 100g Pink Lady® apple contains about 50 calories.
- ★ They contain dietary fibre in the skin and core.

*One apple supplies a quarter
of your recommended daily
Vitamin C quota*

