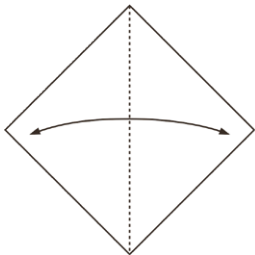


Apple

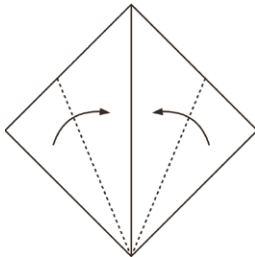
Eating apple with the skin on can increase the intake of dietary fibre and helps to prevent constipation.

One serving of fruit is approximately one medium-sized apple

1 Fold in half



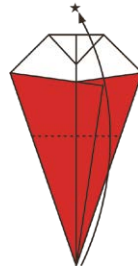
2 Fold along the dotted lines



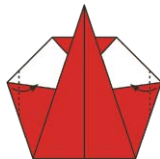
3 Fold forward along the dotted lines



4 Lift up to ★ and fold



5 Fold forward along the dotted lines



6 Fold forward along the dotted lines



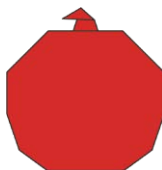
7 Fold backward along the dotted lines



8 Turn over



9 Finished



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