

Warm Cinnamon Apples



Servings: 2



Prep Time: 5 min



Cook Time: 30 min

INGREDIENTS

Cost: \$1.25 per serving

2 apples, washed under running water

1/2 tsp cinnamon

1 tsp sweetener (such as honey, maple syrup, or brown sugar)

Tips: Try pears in place of apples. Top with nuts, or try a small scoop of ice cream for a sweet treat. Store leftovers in the fridge for up 4 days.

PREPARATION

Peel and chop apples into small, bite-sized pieces.

Microwave: Place apples in a microwave-safe glass bowl. Stir in cinnamon and honey to coat. Cover with a paper towel and microwave for 2-3 minutes until apples are softened.

Stove-top: In a medium to large skillet add 1/3 cup water, apples, and cinnamon. Turn to medium-low heat and cook for 6-10 minutes, stirring often, until apples are softened.