Warm Cinnamon Apples

**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)

**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.

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.