

Sautéed Cinnamon Apples

Fast, nutritious and smells like apple pie—what's not to like? Make this sliced fruit glazed with cinnamon, vanilla and honey for your next quick dessert. For even more flavor, top with toasted chopped walnuts.

Prep Time: 7 minutes Cook Time: 15 minutes

This Recipe Serves 4

Ingredients:

1 Tbsp light butter
2 large Granny Smith apples, peeled and sliced
1/2 tsp cinnamon
1 tsp vanilla extract
3 Tbsp water
1 Tbsp honey (optional)



Instructions:

1. Heat light butter in a sauté pan over medium-high heat. Add apples and sauté for 3 minutes, stirring frequently.
2. Add remaining ingredients. Reduce heat to low and simmer for 12 minutes, stirring occasionally

Dietitian Tip: Fruit is a great choice for dessert. Just make sure to work the carbohydrate into your meal plan. For no added sugar, omit the optional honey.

MAKE IT GLUTEN-FREE: Confirm ingredients are gluten-free and this recipe can be made gluten-free.

Nutrition Information: (Per Serving)

Serving Size: 1/2 cup with honey

Calories 95
Carbohydrate 22 g
Protein 0 g
Fat 1 g

Serving Size: 1/2 cup without honey

Calories 80
Carbohydrate 17 g
Protein 0
Fat 1 g