

Easy Cinnamon Apples

- This recipe is a great opportunity to try a new variety of apple. If you usually eat red delicious apples, try golden delicious or gala apples instead.
- This dish can be cooked in a slow cooker or on the stovetop. Start them on the stove just before you sit down for your meal, and they will be done right as you finish the meal for a tasty healthy dessert.
- Experiment with adding other spices like cloves, nutmeg or apple pie seasoning.

Nutrition Facts	
4 servings per container	
Serving size	3/4 cup
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0mg	0%
Potassium 130mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Servings: 4 or 1

Prep Time: 5 minutes or 3 hours



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Ingredients:

- 1 pound apples, ~3-4 any variety,
- 1 Tablespoon ground cinnamon
- 1 cup water

Directions:

1. Wash, peel the skin (optional), core, and cut the apples into wedges.
2. Place in a small or medium slow cooker or saucepan on a stovetop. Add cinnamon and water and stir until combined.

Slow cooker: Cook on high for 2 to 2.5 hours.

Stovetop: Bring to a boil then turn down heat to simmer for 30-45 minutes (done when easy to mash with a fork).

Serve hot or cold.

Recipe Credit:

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Adapted from: Clean Eating Slow Cookers