

Cinnamon Apples

Serving Size: ½ Cup | Servings per Recipe: 2-3 | Heart Healthy



INGREDIENTS

- 2 medium apples
- 2 tsp cinnamon
- 1 Tbsp sugar
- 1 Tbsp butter

DIRECTIONS

- Peel apples if desired.
- Slice apples into thin pieces.
- Place apple slices in a microwave-safe steaming bag or bowl.
- Sprinkle cinnamon and sugar over the apples. Add butter on top.
- Seal the bag or cover the bowl. Microwave on High for 2–3 minutes.
- Let stand 30 seconds before opening. Serve warm.



Calories per serving: 95 | 3.5 g total fat | 17 g total carbohydrates | 25 mg sodium | 0.3 g protein

Recipe adapted from: [Fruitsandveggies.org](https://www.fruitsandveggies.org)