

Easy Cinnamon Apples

- This recipe can be cooked in a slow cooker or on a 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.
- Want them to cook faster? Cut them into smaller pieces or thinner slices.
- Experiment with adding other spices like cloves, nutmeg or apple pie spice.
- Mix in your favorite dried fruit—raisins, cranberries, cherries, apricots, plums.

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%
Trans 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
- (optional) 1/2 cup dried fruit

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