

Cinnamon Apples

Makes 2 servings

Ingredients:

- 1 Granny Smith apple
- 1 tablespoon salted butter
- 1 teaspoon cinnamon
- 1 teaspoon sugar



Instructions

1. Dice apple and place in bowl
2. Add sliced butter to apple
3. Microwave for 25-30 seconds (or until butter is melted)
4. Mix sugar and cinnamon in with the apples
5. Microwave entire mixture again for 20-30 seconds (or until apples are soft)
6. Enjoy!

Recipe source: the bold abode blog

Modifications: use different variety of apples or pears, sub brown sugar for white sugar, add additional 1/4 teaspoon spices like cardamom or ginger, sub non dairy/plant based margarine for butter

Nutrition info (per serving): 115 calories, 15 g carbohydrates, 3g fiber, 0.6g protein, 7.5g fat, 11g sugar



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