

Sautéed Cinnamon Apples

Apples sautéed in a deep pan with pure maple syrup, cinnamon, a little butter, and vanilla extract to make soft, warm apples. I originally made these so that my baby girl could enjoy apples with me and cooked them in a cast-iron pan to increase her iron. We both LOVED these, especially with some wholegrain French toast. These apples also pair nicely with oats, waffles, pancakes, and ice cream or simply have them alone (still delicious).

Ingredients:

- 3 large Apples, chopped or sliced (whatever you prefer)
- 2 tbsp Water
- 1 tbsp Lite butter (I use the lite "I Can't Believe It's Not Butter")
- 1 ½ tbsp Pure maple syrup
- 2 tsp Cinnamon
- 1 tsp Vanilla extract

Directions:

1. Prepare your apples; chop into 1" cubes or cut into thin (about ¼"-1/2" thick) slices. I leave the skin on for the extra vitamins, minerals, and fiber! But feel free to take off the skin if you prefer; if giving to an infant, I suggest taking the skin off for their serving.
2. In a deep cast iron skillet (or any deep skillet with a lid), place apples and water. Cover. Turn heat on medium and allow the apples to cook in water until slightly softened and water absorbed.
3. Add lite butter to the pan and toss apples until apples are evenly coated. Cook for about 3-5 minutes, stirring frequently.
4. Once apples are soft, add syrup, cinnamon, and vanilla extract. Continue to sauté until apples are soft. Be sure to stir frequently to keep apples from sticking to the bottom. Feel free to add a little water (as needed) until apples reach desired softness.
5. Serve warm! Enjoy.

Servings: 4 servings
 Serving size: 1/4th whole recipe

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Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	124.4 kcal	6 %
Total Fat	1.6 g	3 %
Saturated Fat	0.3 g	1 %
Trans Fat	0.1 g	
Cholesterol	0 mg	0 %
Sodium	23.5 mg	1 %
Total Carbohydrate	29.3 g	10 %
Dietary Fiber	4.7 g	19 %
Sugars	22 g	
Protein	0.5 g	1 %
Vitamin A	4 % • Vitamin C	13 %
Calcium	3 % • Iron	2 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com </>		