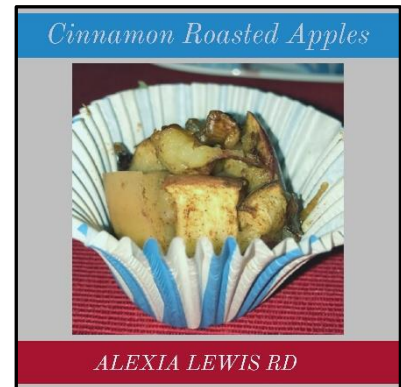




Cinnamon Roasted Apple *Serves 1*

A quick and easy recipe that is low in calories and sweet without any added sugar. This simple recipe has only three ingredients and is perfect for meal prepping or to make and eat right away!

Make multiple servings at once and store in Mason Jars for 3-4 days to make it effortless to add one serving of whole fruit and 10% of the Daily Value for Vitamin C to your day.



Ingredients & Supplies

1/8 Teaspoon	Ground Cinnamon
1 Tablespoon	Water
1 Medium	Gala Apple
1 small	Baking Sheet

Directions

1. Preheat oven to 400 degrees
2. Core then slice apple into 8 slices, then cut each slice into 3 pieces
3. Combine cinnamon and water together, then add apples to mixture and stir to coat
4. Spread apple mixture in a single layer on a non-stick baking sheet and roast for 25 minutes or until tender, yet still firm
5. Apples may be served warm or stored in refrigerator to enjoy later

Nutrition per Serving (1 apple or approximately 1 cup)

66 calories, 0 grams fat, 0 grams saturated fat, 0 grams trans fat, 0 milligrams cholesterol, 1 milligram sodium, 18 grams carbohydrates, 3 grams fiber, 13 grams sugar (0 added sugar), 0 grams protein

Serving Suggestions

- Give oatmeal just the right sweetness without adding any sugars or syrups
- Toss on a salad to add a serving of whole fruit to your meal
- Stir into yogurt or top cottage cheese to add flavor
- Enjoy with a dollop of whipped cream for a healthy dessert.