



Cinnamon Apples

- 1 Tbsp. butter
- 4 apples, washed, peeled, cored, and cut into 1/2 inch slices
- 1 tsp. ground cinnamon
- 1/4 cup pure maple syrup

Directions

1. Wash hands with soap and water.
2. Melt butter in a large skillet over medium-high heat.
3. Add apples and cinnamon. Cook uncovered for 5 minutes. Stir occasionally.
4. Add syrup and heat thoroughly before serving. Enjoy!

Yield: 8 Servings

Quick Apple Guide:

BAKING	SAUCE	PIES	FREEZING	SALADS
Braeburn	Golden-Delicious	Braeburn	Braeburn	Braeburn
Fuji	Granny-Smith	Crispin	Fuji	Empire
Golden-Delicious	Honey- Crisp	Golden-Delicious	Gala	Fuji
Granny Smith	Jonagold	Jonagold	Granny-Smith	Gala
Idared	Mcintosh	Mcintosh		Ginger-Gold
Rome	Pink Lady	Rome		Golden-Delicious
	Rome			Granny-Smith
				Honey -Crisp
				Jonagold
				Pink Lady
				Red-
				Delicious

Nutrition Facts (per serving): 80 calories, 2 grams fat, 15 milligrams sodium, 17 grams carbohydrate, 1 gram fiber

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