Microwave Cinnamon Apples KID-APPROVED

Ingredients

- O 1 large apple, cored and sliced, or 2 cups frozen sliced apples
- O 2 teaspoons honey or syrup (optional)
- O 1/8 teaspoon ground cinnamon
- O 1/2 cup plain yogurt or vanilla ice cream, for serving (optional)

Directions

- 1. In a microwave-safe mug, mix sliced apples, 2 teaspoons water, honey (if using) and cinnamon. Cover with plastic wrap. Microwave on high for 3 to 5 minutes until apples are tender (soft).
- 2. Serve apples over yogurt or ice cream (if using) and enjoy.

Recipe from: Feeding PA and PA Eats



PA Healthy Pantry Initiative A project of Feeding PA

feedingpa.org/hpi

Makes 1 Serving

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