



# EASY CINNAMON APPLES

March 11

National Johnny Appleseed Day

## INGREDIENTS

- 2 Pounds Fresh Apples, 125-138 count (About 6 Medium Apples, Chopped)
- 2 Tablespoons Water
- 1 Tablespoon Salted Butter (or Coconut Oil)
- 1 Tablespoon Maple Syrup
- ½ Teaspoon Ground Cinnamon
- ⅛ Teaspoon Fine Sea Salt
- ¼ teaspoon Pure Vanilla Extract

## DIRECTIONS

1. Cut apples into same-sized pieces (about ½-1" cubes).
2. Put apples pieces into a skillet with water. Cover the pan and cook over medium heat for about 5 minutes, stirring occasionally, until the apples become slightly soft and water is absorbed.
3. Add butter (or oil) to the skillet. Stir apples and oil together until all the apples are coated. Cook for 5 minutes, stirring every minute or so, until the apples become soft (you may need to cover them for the last 2 minutes).
4. Add maple syrup, cinnamon, salt and vanilla. Stir until well mixed.
5. Cook for about 5 more minutes, stirring every minute until the apples reach your desired softness.
6. Remove from heat and serve.

## MEAL PATTERN CONTRIBUTION



## MEAL TYPE



## YIELD

3 Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	½ Cup	¾ Cup	½ Cup