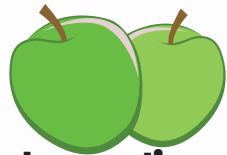


Fruit



Mischievous Maple Apples

Makes a
great fall
treat!



Ingredients:

2 med Granny Smith apples
1 Tbsp lemon juice
1 tsp canola oil
1/4 cup apple cider
1 Tbsp sugar-free maple syrup
1/4 tsp cinnamon
1/4 tsp cloves
1 Tbsp slivered almonds

Nutrition:

Recipe makes 4 servings
Each serving counts as 1 fruit

Safety:

Keep your fingers curled under while using the knife to avoid cutting your fingers. Ask a parent or guardian for help when using the stove.

Directions:

1. Wash, core and cut apples into 1/2-inch wedges.
2. In large skillet, heat oil over medium heat.
3. Add apples and saute for 3 minutes.
4. Reduce heat to low, cover and simmer for 6 to 7 minutes stirring occasionally.
5. Remove the apples and set aside.
6. In same skillet, add remaining ingredients except almonds.
7. Bring to a boil and cook over medium-high heat until syrupy, scraping up any bits of apple remaining.
8. Add apples back to skillet.
9. Sprinkle with sliced almonds and enjoy!

Recipe approved by the American Diabetes Association

from the kitchen of
Playnormous

