

## Mischievous Maple Apples

### Ingredients:

- 2 medium Granny Smith apples, unpeeled and sliced into 1/2-inch wedges
- 1 Tbsp. fresh lemon juice
- 1 tsp. canola oil
- 1/4 cup apple cider
- 1 Tbsp. sugar-free maple-type syrup
- 1/4 tsp. cinnamon
- 1/4 tsp. cloves
- 1 Tbsp. toasted slivered almonds

### Directions:

1. Toss the apple slices with the lemon juice.
2. In a large skillet, heat the oil over medium heat.
3. Add the apples and sauté for 3 minutes.
4. Reduce the heat to low, cover, and simmer for about 6 to 7 minutes, stirring occasionally.
5. Remove the apples.
6. In the same skillet add all the remaining ingredients except the almonds.
7. Bring to a boil and cook over medium-high heat until syrupy, scraping up any bits of apple remaining in the pan.
8. Add back the apples and sprinkle with the sliced almonds.

### Nutrition:

- This recipe makes 4 servings.
- Each serving counts as 1 fruit.

### Safety:

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

Source: American Diabetes Association

