

Microwave Cinnamon Apples

KID-APPROVED

Makes 1 Serving

Ingredients

- 1 large apple, cored and sliced, or 2 cups frozen sliced apples
- 2 teaspoons honey or syrup (optional)
- 1/8 teaspoon ground cinnamon
- 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

