

Recipe for

BAKED CINNAMON APPLE SLICES

EQUIPMENT NEEDED baking sheet, cutting board, knife, small bowl

SERVES 4 ESTIMATED COST \$4.25 COST PER SERVING \$1.06

INGREDIENTS

- 2 large apples, sliced, core removed
- 1 tbsp unsalted butter, melted
- 1 tsp ground cinnamon
- 2 tbsp chocolate chips
- 2 tbsp nuts or seeds, chopped, optional

METHOD OF PREPARATION

1. Pre-heat oven to 350°F. Line a baking sheet with parchment paper.
2. Add apple slices to baking sheet and drizzle with butter. Add cinnamon, mix well to coat, and spread slices evenly on pan.
3. Bake for 20-25 minutes or until tender.
4. In a small bowl, microwave chocolate chips for 10-15 seconds at a time, until melted. Stir in between to ensure chocolate does not burn.
5. Drizzle melted chocolate on apple slices and sprinkle with nuts. Enjoy!

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NUTRITION INFORMATION

Baked Cinnamon Apple Slices		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	138.1 kcal	7 %
Total Fat	7.1 g	11 %
Saturated Fat	3.2 g	16 %
Trans Fat	0.1 g	
Cholesterol	7.6 mg	3 %
Sodium	2.1 mg	0 %
Total Carbohydrate	18.3 g	6 %
Dietary Fiber	3.3 g	13 %
Sugars	13.5 g	
Protein	1.9 g	4 %
Vitamin A	2 %	Vitamin C 0 %
Calcium	2 %	Iron 4 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

HEALTH BENEFITS

Apples - contains the antioxidant, quercetin, which has been linked to protecting the brain from oxidative stress. Other antioxidants found in apples can also help reduce oxidative damage to the lungs, reducing asthma related symptoms



HEALTH BENEFITS

Cinnamon - contains the compound cinnamaldehyde, which has been shown to have anti-fungal and anti-bacterial properties. This compound may help reduce infections as well as bad breath and tooth decay.

References:

1. Recipe provided by Reanetta Perkins