

Recipe for

STEWED APPLES

EQUIPMENT NEEDED Peeler, cutting board, knife, medium saucepan, measuring spoons,
large spoon

SERVES 4 ESTIMATED COST \$4.15 COST PER SERVING \$1.04

INGREDIENTS

- 4 cups (about 2 large) apples, peeled and medium dice
 - 2 tsp lemon juice
 - 1 tbsp apple cider or apple juice
 - 2 tbsp water
 - 1 ½ tsp vanilla extract
 - 2 tbsp maple syrup
 - ¾ tsp cinnamon, ground
- To taste salt

METHOD OF PREPARATION

1. In a medium saucepan over medium heat, add the apples, lemon juice, apple cider (or apple juice), water, vanilla extract, maple syrup, cinnamon, and salt.
2. Cook, stirring regularly, for 10 minutes or until the apples have softened. Add more water or apple cider if necessary.
3. Remove from heat and allow to cool before serving.

Tip: Serve over frozen yogurt, warm oatmeal, or mixed in with Greek yogurt.

Apple Tip: Choose firm apples that are great for making pies, Braeburn, Honey Crisp, Pink Lady,

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NUTRITION INFORMATION

Stewed Apples		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	85.5 kcal	4 %
Total Fat	0.2 g	0 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	2.1 mg	0 %
Total Carbohydrate	21.6 g	7 %
Dietary Fiber	1.7 g	7 %
Sugars	17.5 g	
Protein	0.3 g	1 %
Vitamin A	1 %	Vitamin C 8 %
Calcium	2 %	Iron 1 %

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

Full Info at cronometer.com

HEALTH BENEFITS

Apples are a major source of fiber, which can aid digestion. The apple skin contains insoluble fiber which helps with constipation and regularity, while the flesh has soluble fiber which slows down digestion of glucose, helping to regulate blood glucose levels.



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Cinnamon has prebiotic properties which can help support the growth of beneficial bacteria in the gut, while reducing the growth of bad bacteria. It can also be used to help alleviate gastrointestinal issues, including gas and bloating.

References:

1. Recipe provided by Kelley Robertson.