

SHOPPING LIST

Sautéed Maple Apples

- Unsalted Butter
- Granny Smith Apples
- Ground Cinnamon
- Maple Syrup

First, check off the items you already have at home.

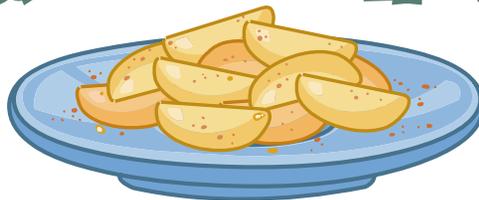


Professor Fizzy presents

SNACKS



Sautéed Maple Apples



VEGETARIAN



YES

TIME



Under 30 min.

DIFFICULTY

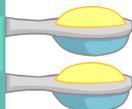


Medium

SERVES



YOU WILL NEED



2 tablespoons unsalted butter



4 granny smith or other tart apples, cored and diced



½ teaspoon ground cinnamon

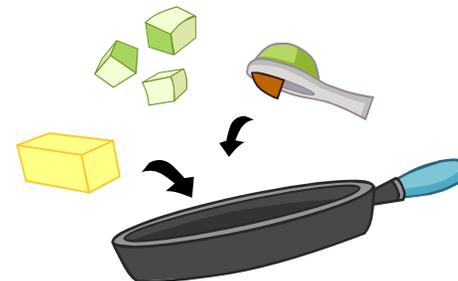


1 tablespoon maple syrup

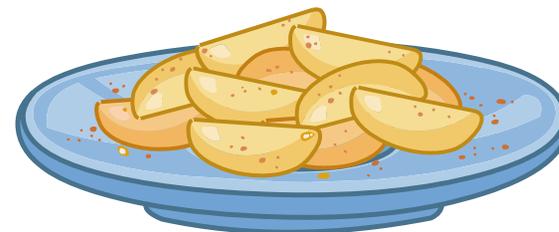
DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

These apples are great served alone, or as a topping for pancakes or yogurt.



STEP 1: Melt the butter in a medium skillet over high heat until it begins to foam. Add the apples and the ground cinnamon and stir to coat with the butter. Lower the heat and cook until the apples are tender, for about 15 minutes. Drizzle with the maple syrup and cook for about one minute longer. Serve warm or at room temperature.



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Nutrition Facts

Serving Size: 1 Serving (164g)	
Amount Per Serving	
Calories 140	Calories from Fat 50
Total Fat 6g 9%	
Saturated Fat 3.5g 19%	
Trans Fat 0g	
Cholesterol 15mg 5%	
Sodium 0mg 0%	
Total Carbohydrate 25g 8%	
Dietary Fiber 4g 16%	
Sugars 19g	
Protein 0g	
Vitamin A 6%	Vitamin C 10%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
Total Fat Less than 5g 10%	
Total Fat Less than 5g 10%	
Cholesterol Less than 30mg 30%	
Sodium Less than 2,400mg 2,400mg	
Total Carbohydrate Less than 30g 37.5g	
Dietary Fiber 2g 5g	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	