

# Warm Cinnamon Apples



This simple spiced apples recipe is perfect for so many applications. The tender, brown sugar-sweetened fruit slices are great served at breakfast, make for a warm and tasty side dish (especially for kiddos), are the ideal flavor complement spooned over pork chops or a pork loin, and are an amazing seasonal addition to a bowl of vanilla ice cream. If you can't find McIntosh apples, substitute another baking apple such as Rome or Gala; or to change things up, try a crisp, tart green apple such as Granny Smith.

**Prep:** 10 mins

**Cook:** 10 mins

**Total:** 20 mins

**Yield:** Makes 6 servings  
(serving size: 1/2 cup)



## Ingredients

4 McIntosh apples, peeled and sliced (about 2 lb.)  
½ cup firmly packed light brown sugar  
1 teaspoon ground cinnamon  
¼ teaspoon ground nutmeg  
2 tablespoons water  
1 tablespoon butter

## Directions

### Step 1

Toss together first 4 ingredients in a large zip-top plastic bag, tossing to coat apples.

### Step 2

Cook apple mixture, 2 Tbsp. water, and 1 Tbsp. butter in a medium saucepan over medium heat, stirring occasionally, 8 to 10 minutes or until apples are tender.

## Nutrition Facts

**Per Serving:** 128 calories; fat 2g; saturated fat 1.2g; mono fat 0.5g; poly fat 0.1g; protein 0.3g; carbohydrates 29.2g; fiber 1.3g; cholesterol 5mg; iron 0.6mg; sodium 21mg; calcium 25mg.