



Apple-cinnamon Dessert

Makes 6 servings

Ingredients

- 1/3 cup sugar
- 1 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1/3 cup cold-pressed canola oil
- 3 medium Granny Smith apples, peeled and diced
- 3 slices whole-grain bread, cut into 1-inch cubes
- 1 teaspoon vanilla extract

Directions

1. In a small bowl, combine sugar, cinnamon and nutmeg. Stir. Set aside.
2. In a large skillet, heat oil over medium-high heat. Add diced apples and cook, stirring often, for 4 to 5 minutes or until apples are soft.
3. Add bread cubes and stir. Sprinkle in the sugar mixture (made in step 1) and toss until apples and bread are evenly coated. Cook for 2 to 3 minutes or until bread cubes are warm. Remove from heat, sprinkle with vanilla and stir. Enjoy warm!



DESSERT



TIP

You can also use a tart, red apple in this recipe such as Jonathan or Cortland.

♥ = heart smart

⊗ = low sodium

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Nutrition Facts

Serving Size 3/4 cup dessert (130g)
Servings Per Container 6

Amount Per Serving

Calories 240 **Calories from Fat 120**

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 75mg **3%**

Total Carbohydrate 31g **10%**

Dietary Fiber 3g **12%**

Sugars 22g

Protein 2g

Vitamin A 2% • Vitamin C 8%

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:

| | Calories: 2,000 | 2,500 |
|--------------------|-------------------|---------|
| Total Fat | Less than 65g | 80g |
| Saturated Fat | Less than 20g | 25g |
| Cholesterol | Less than 300mg | 300mg |
| Sodium | Less than 2,400mg | 2,400mg |
| Total Carbohydrate | 300g | 375g |
| Dietary Fiber | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: wheat
Carb choices per serving: 2