

STEAMED APPLES

10 MINS 1 SERVINGS

INGREDIENTS

- 1 apple (fuji or gala)
- 1/4 tsp of cinnamon
- 1 tsp of lemon juice
- 1 tsp brown sugar (optional)



Adapted from: Sustainable Cooks
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PROCEDURE

1. Peel apple, and dice in bite-sized pieces or cut into slices. (You can keep or remove the peel – up to you! The peel is packed with gut-healthy fiber.)
2. Fill microwavable steamer with 1/2 cup of water. Toss the apples in lemon juice and place the apples in steaming basket. Attach lid and open vent on top. Place in microwave for 3-5 minutes or until desired tenderness.
3. Place in small bowl and toss with cinnamon and brown sugar.
4. You can enjoy them alone or on yogurt or oats!



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