Cozy Apple Bites



About this recipe

Ingredients

- 1 apple
- 1/8 teaspoon cinnamon
- ½ teaspoon sugar
- 1 teaspoon water

Directions

1. Rinse, peel* and core* the apple.
2. Cut apple into four pieces with a sharp knife*.

3. Cut apple into bite-sized pieces with a table knife. Put apple chunks into a bowl.
4. Add the cinnamon, sugar and water. Stir together.
5. Microwave 1-2 minutes until apple chunks are soft.
6. Apple chunks will be hot. Cool slightly to prevent burns. Enjoy!!

*Adult step

Nutritional info

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