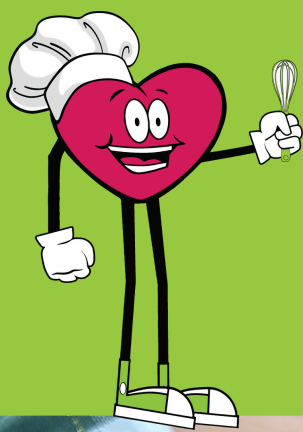




A simple recipe, versatile enough to be enjoyed as is or with other sweet treats, our cinnamon apples provide the perfect opportunity to explore a different texture with your child.



INGREDIENTS:

- 2-3 red apples
- 2 tbsp water
- 2 tbsp butter
- 2 tbsp brown sugar
- ½ tsp cinnamon
- ¼ tsp vanilla extract
- Salt

Skillet Cinnamon Apples

HOW TO MAKE:

1. Chop apples into small cubes. If your child prefers apples without the peel, then first peel your apples and then cut into pieces.
2. To a skillet, add your apples and water over medium heat. Stir occasionally and cover to allow the apples to become tender. This should take about 6-7 minutes, be sure they don't become mushy.
3. Once tender, add in your butter and allow it to melt so it coats your apples. Stir in your brown sugar, cinnamon, and vanilla extract. Allow your brown sugar to melt, then add a pinch of salt. Continue to stir for 2 minutes and remove from heat once you've reached your desired texture. Enjoy!