

Sauteed Apples

with
Cinnamon-Yogurt Cream

Cinnamon Yogurt Cream

1 cup plain, fat-free yogurt

¼ teaspoon ground cinnamon

1 TBSP honey

Apples

¼ cup unsweetened apple
juice (or apple cider)

½ teaspoon ground cinnamon

¼ teaspoon ground nutmeg

¼ cup firmly packed light
brown sugar

Pinch of Kosher salt

4 Granny Smith apples,
unpeeled, cored and thinly
sliced (or any tart, firm
apple

2 TBSP cornstarch

¼ cup water

1 TBSP unsalted butter



4 servings

1. In a small bowl, combine yogurt, cinnamon and honey. Set aside.
2. In a medium bowl, combine juice, cinnamon, nutmeg, brown sugar, and salt. Stir to combine.
3. Add sliced apples to juice mixture and stir to coat.
4. In a small bowl, combine cornstarch and water to make a slurry. Set aside.
5. In a large skillet, over medium-high heat, melt butter. Add apple mixture and cook until apples begin to soften; about 6 minutes.
6. Add cornstarch slurry to skillet and boil for 2–3 minutes until apples are fork tender.
7. To serve, divide apples among 4 bowls and top with cinnamon cream.