

## Sauteed Apples

with Cinnamon-Yogurt Cream

## **Cinnamon Yogurt Cream**

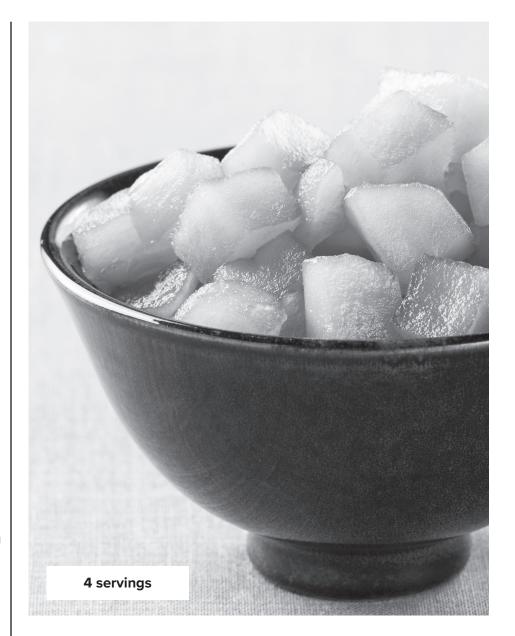
1 cup plain, fat-free yogurt¼ teaspoon ground cinnamon1 TBSP honey

## **Apples**

- 1/4 cup unsweetened apple juice (or apple cider)
- ½ teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 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
- 1/4 cup water
- 1 TBSP unsalted butter



- 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.

