

Sautéed Apple Dessert

Number of Servings: 6

Ingredients:

3 medium apples (*Braeburn,
Gala, and Fuji are recommended*)
2 Tbs. margarine

1/2 tsp. ground cinnamon
3 Tbs. low-fat whipped cream cheese

Directions:

1. Core and slice the apples leaving the skin on. The slices should be thin.
 2. Melt 1 Tbs. of margarine in large skillet over medium heat.
 3. Then add apple slices to the pan and sprinkle cinnamon over the top.
 4. Keep stirring the apples, add the rest of the margarine to prevent sticking and add cinnamon to taste.
 5. Remove apples from heat and serve with a dollop of cream cheese. You may use brown sugar, whipped cream or honey in place of the cream cheese.
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Nutritional Information Per Serving:

- Calories: 84.8
- Fat: 4.1 g
- Carbohydrates: 12.1 g
- Protein: 0.7 g