

SAUTÉED APPLES

INGREDIENTS

1-2 tablespoons butter

6-8 apples, cored and cut into
bite-size pieces

1-2 tablespoons sugar or maple
syrup

1 tablespoon fresh squeeze lemon
juice

¼ teaspoon cinnamon

pinch of nutmeg

METHOD

Melt the butter in a large sauté pan over medium heat. Add apple pieces. Sprinkle with sugar or maple syrup, cinnamon and nutmeg. Stir in lemon juice.

Stir constantly until tender, but still a little crisp, about 5 – 10 minutes.