



Healthy Cinnamon Skillet Apples

Prep Time: 15 minutes

Cook Time: 10 minutes

Total Time: 25 minutes

Servings: 4 servings

Ingredients

- 1/2 cup water
- 6 granny smith apples
- 2 teaspoons cinnamon
- 1/2 cup chopped walnuts or pecans, optional for topping

Instructions

1. Peel and chop apples into small, fairly uniform pieces, about 1/4 inch thick.
2. Place a medium skillet onto medium-low heat and add water. Add apples and cinnamon to taste, stirring and cooking until apples are softened, about 6-10 minutes. If all of the water evaporates, add a little more water as the apples cook.
3. Add cooked apples to serving bowls and top with nuts and a scoop of vanilla ice cream or a dollop of freshly whipped cream.
4. Store leftover apples in the refrigerator for up to 4 days and reheat in the microwave for 20 seconds, or stir them into oatmeal or vanilla/plain yogurt – no need to reheat!

Courtesy of Healthy Liv at <https://www.healthy-liv.com/>