

# SAUTÉED CINNAMON APPLES AND BANANAS

This simple and delicious recipe is a perfect dessert for satisfying your sweet tooth!

## Ingredients:

2 large apples, cored and sliced	2 tsp soft non-hydrogenated margarine
¼ cup pure apple cider or unsweetened apple juice	2 tsp ground cinnamon
2 medium bananas	¾ cup plain low fat yogurt (optional)

## Directions:

1. In large nonstick skillet, bring apples and apple cider to simmer over medium high heat; cook for 3 minutes. Stir gently; cover and remove from heat and let stand for 5 minutes.
2. Meanwhile, cut bananas into 8 pieces each.
3. In small bowl, stir together margarine and cinnamon.
4. Uncover apples and return to medium high heat. Stir in margarine mixture and bananas until margarine is melted and combined.
5. Cook on medium-high heat for about 2 minutes, or until bananas are lightly browned and warmed through.
6. Serve with yogurt, if desired. Enjoy!

## ***Nutrients per ½ cup serving***

Calories	75
Fat	1 g
Sodium	10 mg
Carbohydrate	16 g
Fiber	2 g
Protein	1 g



*Recipe from Emily Richards, PH Ec. ©The Heart and Stroke Foundation 2011*

*Picture taken from: <http://www.texanerin.com>*

*Accessed July 12th, 2015*