



Fitch Hill Inn
A Bed & Breakfast

Cinnamon Cooked Apples

This simply recipe is gluten-free and vegan-safe. It's like apple pie without the crust!

Half	Full	
1	2	apple
1/8	1/4	tsp cinnamon
1/16	1/8	tsp nutmeg
½	1	cup apple cider, apple juice or water (or slightly more)
2	4	Tbsp brown sugar to taste

Note - Use tart or sweet apples or some of both, as you prefer.

1. Wash, core and slice each apple into 16 pieces top-to-bottom
2. Place apples in medium pot and sprinkle with cinnamon, nutmeg and sugar. Add just enough apple juice, cider or water to cover the bottom of the pan.
3. Over low heat, cover and cook, stirring gently every five minutes. Cook until done but not mushy.

Yield:

Half serves 2

Full serves 4