

## Sautéed Apples

Adapted from FRESHFARM

Makes 12 servings

### Ingredients

6 apples, any variety  
2 tablespoons butter  
1-2 tablespoons sugar or maple syrup  
1/4 teaspoon cinnamon  
Pinch of nutmeg  
1 tablespoon lemon juice

### Instructions

Core apples and cut into bite-size pieces.

Melt the butter in a large pan over medium heat.

Add apple pieces. Measure sugar or maple syrup to desired sweetness. Add cinnamon, nutmeg, and lemon juice.

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

### Note:

- To make the recipe dairy free, use coconut oil in place of butter.
- Sautéed apples make a great topping for oatmeal or pancakes and are wonderful served with yogurt or ice cream.



Photo credit: Food with Feeling website