Farm to Table provides local, sustainably grown foods to childcare programs in Seattle to increase access to highly nutritious foods. The program is supported by funding from the City of Seattle Sweetened Beverage Tax.

Sautéed Apples

Adapted from FRESHFARM Makes 12 servings

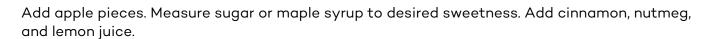
Ingredients

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.



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







