

First, check off the items you already have at home.

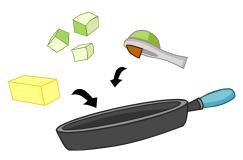




DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

These apples are great served alone, or as a topping for pancakes or yogurt.



STEP 1: Melt the butter in a medium skillet over high heat until it begins to foam. Add the apples and the ground cinnamon and stir to coat with the butter. Lower the heat and cook until the apples are tender, for about 15 minutes. Drizzle with the maple syrup and cook for about one minute longer. Serve warm or at room temperature.



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| Total Fat Less than 55g 55g 55g 55g 55g 55g 55g 55g 55g 55 | Calcium 2% • Iron 2% Fercent Daily Values are based on a 2,000 calorie delt Your daily values may be higher or lower depending on your dancie needs: Calories: 2,000 2,500 | Vitamin C 10 | Sodium 0mg 0% Total Carbohydrate 25g 8% Dietary Fiber 4g 16% | Saturated Fat 3.5g 18% Trans Fat 0g 5% Cholesterol 15mg 5% | Calories 140 Calories from Fat 50 % Daily Value* Total Fat 69 9% | Nutrition Facts Serving Size 1 Serving (164g) Servings Per Container Amount Per Serving |
|--|--|--------------|--|--|--|---|