

# Sauted Apples

**Servings:** 4

**Calories:** ~132/serving

**Time:** 15m

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## Ingredients

- 4 apples
  - 1 tbsp butter
  - 1 tbsp water
  - 1 tbsp cane sugar
  - 1/2 tsp cinnamon
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## Instructions:

- Heat non-stick pan over medium-high heat
- Use an apple slicer to cut your apple and core it into wedges (peel skin if you don't want it)
- Add butter to pan and add apples
- Add water and sprinkle with sugar and cinnamon
- Cook 5-10 minutes until apples are soft and browned

Source: Me

Made on: 2018/07/22