

Apple Pie Treat



Serves 2

Enjoy this for breakfast, lunch, dinner or snack! Put it over yogurt or top it with nuts. It's easy and delicious.

Peel and slice into a saucepan:
2 apples

Add:

2 Tbs. butter
1/4 c. raisins or chopped dates (opt.)
3 Tbs. honey
1/2 tsp. cinnamon

Cook, stirring occasionally, until apples are tender, 5-8 minutes.

Remove from heat and add:

1 tsp. vanilla (vanilla and alcohol only)

Enjoy!

