

# Apples



## MIKEY'S CINNAMON APPLE RECIPE

- ▶ Non-stick sauté pan, cutting board, apple corer, plastic spatula
- ▶ 1 Fat Free Spray
- ▶ 1/2 Teaspoon of Cinnamon
- ▶ 1 Tablespoon of Brown Sugar
- ▶ Choose your favorite kind of apple. Wash, core, and slice it.

### PREPARATION

- 1 Heat a non-stick pan and coat with fat free spray.
- 2 Add apple slices and cook for five minutes or until apples start to get soft.
- 3 Sprinkle with cinnamon and brown sugar.
- 4 Serve with oatmeal, pancakes, or french toast.



**CHEF MIKEY**  
likes it  
**FUNNY with FOOD!**

**CHEF  
COMICS  
FOR  
HEALTHY  
EATING**

