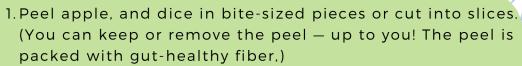




## **PROCEDURE**



- 2. Fill microwavable steamer with 1/2 cup of water. Toss the apples in lemon juice and place the apples in steaming basket. Attach lid and open vent on top. Place in microwave for 3-5 minutes or until desired tenderness.
- 3. Place in small bowl and toss with cinnamon and brown sugar.
- 4. You can enjoy them alone or on yogurt or oats!





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## PROCEDURE

- 1. Peel apple, and dice in bite-sized pieces or cut into slices. (You can keep or remove the peel — up to you! The peel is packed with gut-healthy fiber,)
- 2. Fill microwavable steamer with 1/2 cup of water. Toss the apples in lemon juice and place the apples in steaming basket. Attach lid and open vent on top. Place in microwave for 3-5 minutes or until desired tenderness.
- 3. Place in small bowl and toss with cinnamon and brown sugar.
- 4. You can enjoy them alone or on yogurt or oats!





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