



A child could wash the apples.



Cinnamon Apple Rings

Yield: 4 servings

2 large cooking apples

1 cup sugar

1 cup water

1/4 teaspoon red food coloring

1 stick cinnamon, about 2 1/2 inches long

1. Wash your hands and work area.
2. Rinse apples under cold running water. Let drain.
3. In a very wide skillet, combine sugar, water, food coloring and cinnamon stick.
4. Stir over moderately low heat until sugar is dissolved. Boil syrup mixture for 10 minutes over medium heat.
5. Meanwhile, cut each apple into four 1/2-inch thick rounds. Cut a hole in the center of each to remove seeds and cores; or if preferred, cut rings into halves, then remove seeds and cores. Do not peel apples, unless desired.
6. Arrange apple rings and cinnamon so that they lay flat in the syrup mixture. Continue gently boiling over medium low heat until apples are tender, about 6 to 10 minutes. While cooking, frequently spoon syrup mixture over apples, or turn apples over, being careful not to let the hot syrup splash onto your hand. Remove from heat.

(continued on the reverse side)

This healthy sweet food is fat-free and sodium-free, and is a good source of fiber.

Nutrition Facts

Serving Size 2 rings (90g)

Servings Per Container 4

Amount Per Serving

Calories 70 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 17g **6%**

Dietary Fiber 2g **10%**

Sugars 14g

Protein 0g

Vitamin A 0% • Vitamin C 6%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

1 carbohydrate choice per serving

Diabetic exchanges per serving: 1 fruit

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Cinnamon Apple Rings (continued)

7. If desired, you may double the number of servings by removing cooked apples and repeating steps 5 and 6 with 2 additional apples, using the same syrup mixture.
8. To serve hot, remove apples from syrup and serve immediately, or use as a garnish for roast chicken, turkey or pork. To serve chilled, place apples and syrup in a deep narrow container, such as a wide jar, cover, and refrigerate, then remove apples from syrup and serve.
9. Cover and refrigerate leftovers within 2 hours.

*Original recipe from Apples & More, University of Illinois Extension,
www.urbanext.uiuc.edu*