

## CINNAMON APPLES

The apple's high fiber content keeps hunger at bay until your next meal. Leave the skin on for lots of vitamins, minerals, and antioxidants.



### INGREDIENTS

- 1 Apple (*with skin on*)
- 1 Tsp Cinnamon (*to taste*)
- 1 Tsp Truvia (*to taste*)

### INSTRUCTIONS

- Step 1 ///**  
Slice apple and place in a small bowl.
- Step 2 ///**  
Sprinkle with cinnamon and Truvia.

### NUTRITION FACTS

	Quantity/g	Protein	Carbs	Fats	Calories
APPLES WITH SKIN	100	0.4	14.0	0.4	61
CINNAMON	1	0	0	0	0
TRUVIA	1	0	0	0	0
<b>▶ TOTAL</b>		<b>0</b>	<b>14.0</b>	<b>0</b>	<b>61</b>