

Apple Slices with Cinnamon Sauce

Ingredients

- 1 apple, sliced
- 1 teaspoon apple cider vinegar
- 3 tablespoons lemon juice
- 1 teaspoon cinnamon
- dash of nutmeg
- powdered Stevia to taste

Directions

1. In the microwave or small saucepan heat the liquid and spice ingredients together, stirring constantly.
2. Serve in a small dipping bowl with chilled apple slices or other fruit.

Makes 1 serving (1 fruit)
0.5 gram protein
0 fat
90 calories

PHASE 3

MODIFICATIONS:

Dissolve spices in lemon juice. Whisk in small cubes of cold butter to make a sauce. Add rum extract or vanilla. Sauté apple slices in spiced butter mixture.

