

Breakfast

Sweet Sautéed Apples

Side Effect: Diarrhea

5 Mins
Prep Time

15 Mins
Cook Time

8
Servings

54 Calories **2g** Fat **9g** Carbs **0g** Protein



Ingredients

8 Servings **20 Mins** Total Time **Allergens: Dairy**

2 Large Apples, washed and thinly sliced

1 Tbsp Extra Virgin Olive Oil

½ Tbsp Butter

1 Tsp Cinnamon, use less if suffer from frequent heartburn

⅛ Tsp Salt

2 Tsp Brown Sugar

2 Tbsp Water

Allergen Swap

Dairy Omit the butter

Nourishment Note



Apples

Apples contain water-absorbing soluble fiber and are a key component to the BRAT (bananas, rice, applesauce, toast) diet. The BRAT diet may be beneficial for improving diarrhea symptoms.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Heat Butter & Oil in Skillet

Over medium-high heat, melt butter and olive oil in a large skillet.

3. Add Apples & Spices to Skillet

Add sliced apples, cinnamon, salt, and brown sugar to the skillet. Cook for about 10 minutes stirring occasionally.

4. Add Water & Reduce Heat

Add the water to the skillet and gently mix to combine. Reduce heat to low. Cook until apples are slightly soft.

5. Serve & Enjoy

Serve warm.

6. Wash Dishes

Wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Large Skillet



Cutting Board



Knife



Wooden Spoon



Measuring Spoons

Fatigue Buster

- Use a mandolin to cut apples into thin slices.