



Tawil Physical Therapy
& Sports Performance



Warm Cinnamon-Raisin Apples

Recipe courtesy of The American Heart Association



Servings: 4

Serving Size: 1/2 cup

Ingredients

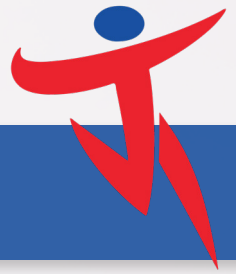
- 1 tablespoon light or dark brown sugar
- 2 teaspoons cornstarch
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg (freshly grated preferred)
- ⅓ cup 100% apple juice and ⅔ cup 100% apple juice, divided use
- 2 teaspoons canola or corn oil
- 2 medium Braeburn, Rome Beauty, or Golden Delicious apples, peeled if desired, thinly sliced, and patted dry
- 2 tablespoons raisins (golden preferred)
- ¼ cup chopped walnuts, dry-roasted

Nutrition Facts | 172 Calories Per Serving

Total Fat75 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat40 g
Monounsaturated Fat20 g
Cholesterol	0 mg
Sodium	4 mg
Total Carbohydrate28 g
Dietary Fiber2 g
Sugars	21 g
Added Sugars	0 g
Protein2 g

Dietary Exchanges

2 fruit, 1½ fat



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Directions

- 1 In a small bowl, stir together the brown sugar, cornstarch, cinnamon, and nutmeg. Stir in 1/3 cup apple juice. Set aside.
- 2 Heat a large skillet or wok over high heat. Pour in the oil, swirling to coat the bottom. Cook the apples for 2 to 3 minutes, or until tender and lightly browned, stirring constantly.
- 3 Stir in the raisins and the remaining 2/3 cup apple juice. Stir in the brown sugar mixture. Cook for 4 to 6 minutes, or until the sauce is thickened, stirring constantly.
- 4 Just before serving, sprinkle with the walnuts.

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