

Cinnamon Apples

Total Cook Time: 15 minutes

Cook from Frozen

Meals are 3-4 servings

*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- 2 TBSP (4 TBSP)* cornstarch
- Optional: Sweetener like maple syrup, brown sugar, coconut sugar, etc.
- Optional toppings and garnishes: Whipped cream, granola, ice cream

Instant Pot Cooking Directions:

1. Open the meal and pop food into the pressure cooker pot. You do not need to add any liquid.
2. Secure the lid and turn the pressure release knob to a sealed position. Cook at low pressure for 2 minutes.
3. When cooking is complete, use a quick release.
4. To thicken, use the sauté function to bring the mixture to a boil, combine 2 TBSP (4 TBSP)* water and 2 TBSP (4 TBSP)* cornstarch in a small container and stir. Add HALF of the cornstarch slurry to the pot, stirring constantly until it thickens. Add more slurry as needed to reach your desired consistency.
5. Taste and add sweetener if desired (pure maple syrup, brown sugar, coconut sugar, etc.)
6. Serve hot with a dollop of cream or chill and eat cold.

Slow Cooker Cooking Directions:

1. Add frozen meal to slow cooker. Cover and cook on LOW for 3-4 hours or HIGH for 1-2 hours, or until the apples are fork tender. Continue with steps 4-6.

Leftover Suggestions:

- Crepe filling, Healthy dessert, Pancake/waffle topping, Oatmeal topping, Pie filling

Notes:

- These may cook a bit differently depending on your Instant Pot model, so you might need to adjust the cooking time by a minute up or down next time. The flavor is delicious and makes them perfect for breakfast, dessert, or any meal in between.

Nutrition Facts

4 servings per container
Serving size
1 cup (231g)

Calories
per serving **120**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 0g	0%	Total Carbohydrate 30g	11%
Saturated Fat 0g	0%	Dietary Fiber 3g	11%
Trans Fat 0g		Total Sugars 24g	
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
Sodium 150mg	7%	Protein 0g	
Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 0.2mg 0% • Potassium 160mg 4% Vitamin A 20mcg 2% • Vitamin C 7mg 8%			

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS: APPLES, APPLE CIDER (FILTERED WATER, APPLE JUICE CONCENTRATE), VANILLA EXTRACT (WATER, ALCOHOL (35%), SUGAR, VANILLA BEAN EXTRACTIVES), SPICE, SALT