

Baked Cinnamon Apple Bites

Makes 6 servings | A diabetic-friendly recipe

Ingredients:

- Cooking spray
- 3 medium apples, cored and cut into bite-sized pieces
- 2 tablespoons butter, melted
- 2 tablespoons sugar-free brown sugar sweetener
- 1 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg
- 1/2 teaspoon vanilla extract



Directions

1. Preheat oven to 375°F. Spray a baking dish with cooking spray.
2. Place the apples in a large bowl.
3. Stir together the melted butter, sugar-free sweetener, cinnamon, nutmeg, and vanilla.
4. Pour over the apples and toss to coat evenly.
5. Spread the apples into the prepared baking dish.
6. Bake for 20–25 minutes, stirring once halfway through, until the apples are tender. Serve warm.

Fun Food Fact

Apples have been harvested for thousands of years and are one of the oldest cultivated fruits, with more than 7,500 varieties grown around the world.