

## A CenFully Good Recipe from



### Spiced Caramelized Apples

Serves 8

#### Ingredients

1 cup low-fat cottage cheese  
2 tsp sugar  
1 ½ apples\*  
1 1/3 tsp olive oil  
1/8 tsp allspice  
¼ tsp cinnamon  
Dash nutmeg  
5 Tbsp water

#### Instructions

1. In a sauté pan heat oil and sugar, stirring continuously until sugar melts.
2. When sugar has melted, add apples and spices and stir to coat apples.
3. Add 3 Tbsp water and stir occasionally to loosen apples.
4. Cook apples until they are lightly browned on all sides.
5. While apples are cooking, place cottage cheese in four serving dishes.
6. Remove apples from pan and put on top of cottage cheese.
7. Add 2 Tbsp of water to the sauté pan.
8. Cook liquid until it forms a thin sauce.
9. Pour over apples.

\*Note: To stop apples from turning brown, dip cut apples in a little lemon juice and water mixture.