



Cook, grow, and live healthy.

Roots for Life envisions a thriving community where fresh, nutritious food is readily accessible. We work with any individual experiencing food insecurity and local shelters to support the houseless on a path **to cook, live, and grow healthy.**

www.roots-for-life.org @rootsforlifedc

CINNAMON APPLES

INGREDIENTS

- 2 apples, chopped
- 1 tbsp vegetable oil
- 1/2 tsp ground cinnamon
- 1/8 tsp sea salt
- 1/4 tsp vanilla extract

DIRECTIONS

1. Place chopped apples into a small saucepan with 2 tbsp water.
2. Cover and cook over medium heat, stirring occasionally. After about 5 minutes the apples will become slightly soft, and water will be absorbed.
3. Add oil. Stir apples and oil together.
4. Cook for another 5 minutes, stirring every minute or so.
5. Add cinnamon, salt, and vanilla. Stir well.
6. Cook for another few minutes, stirring until the apples reach your desired softness!



Recipe by Kelly Morgan, Ph.D., M.B.A. Chair,
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