

Breakfast

Sweet Sautéed Apples

Side Effect: Diarrhea

5 Mins
Prep Time

15 Mins
Cook Time

8
Servings

 **54** Calories **2g** Fat **9g** Carbs **0g** Protein



Ingredients

 **8 Servings**  **20 Mins Total Time**  **Allergens: Dairy**

2 Large Apples, **washed** and thinly sliced 

1 Tbsp Extra Virgin Olive Oil

½ Tbsp Butter

1 Tsp Cinnamon, use less if suffer from frequent heartburn

⅛ Tsp Salt

2 Tsp Brown Sugar

2 Tbsp Water

Allergen Swap

Dairy Omit the butter

Nourishment Note



Apples

Apples contain water-absorbing soluble fiber and are a key component to the BRAT (bananas, rice, applesauce, toast) diet. The BRAT diet may be beneficial for improving diarrhea symptoms.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Heat Butter & Oil in Skillet

Over medium-high heat, melt butter and olive oil in a large skillet.

3. Add Apples & Spices to Skillet

Add sliced apples, cinnamon, salt, and brown sugar to the skillet. Cook for about 10 minutes stirring occasionally.

4. Add Water & Reduce Heat

Add the water to the skillet and gently mix to combine. Reduce heat to low. Cook until apples are slightly soft.

5. Serve & Enjoy

Serve warm.

6. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Large Skillet



Cutting Board



Knife



Wooden Spoon



Measuring Spoons

Fatigue Buster

- Use a mandolin to cut apples into thin slices.