

Breakfast

Sweet Sautéed Apples

Side Effect: Diarrhea

5 Mins Prep Time 15 Mins **Cook Time**

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

1/2 Tbsp Butter

1 Tsp Cinnamon, use less if suffer from frequent heartburn

1/8 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

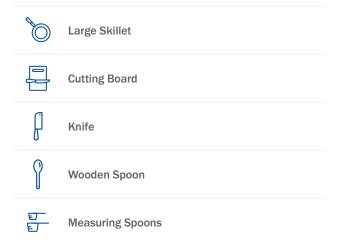
Serve warm.

6. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy Registered Dietitians

What You'll Need



Fatigue Buster

• Use a mandolin to cut apples into thin slices.