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Honey Stewed Apples

Ingredients:

8 large apples such as gala or cameo, peeled, cored and sliced (10 cups of slices)
1 tablespoon of honey
2 teaspoons of cinnamon
2 teaspoons of vanilla
1 teaspoon of nutmeg
2/3 cup of water

Instructions:

Place all of the ingredients in a heavy saucepan and cook over medium high heat for 20 minutes. Serves 6.



No significant GERD Triggers

Gluten Free

Side dish or dessert