

Jobs offers this recipe for Sizzling Cinnamon Apple Slices excerpted from her book **Sensational Stevia Desserts**:

Sizzling Cinnamon Apple Slices

Serving Size: 2/3 of an apple • Total Servings: 6

*4 large Granny Smith apples**

1 ½ tsp. ground cinnamon

6 Tbsp. unsalted butter

½ tsp. stevia extract (minimum to add, add more based on sweetness preference)

Peel and core apples. Cut into ¼" slices. Mix apples and cinnamon in a medium bowl. Over medium heat, melt butter in a 12" frying pan. Add stevia and mix well. Add apple slices and raise heat to medium-high. Cook for 2 minutes covered. Uncover, stirring occasionally with large spoon, and cook for 3 to 4 minutes more. Place apples on dessert plates and indulge. Serve immediately.

*For more apple choices, see page 22.

Optional: Serve with nonfat or low-fat frozen yogurt or prepared Whipped Cream Topping (see page 34).

Nutrition Facts/Serving

Calories	163
Carbohydrates	14g
Total Sugars	12g
Fiber	2g
Fat	13g
Cholesterol	32mg
Sodium	2mg
Protein	0g

Lisa's Note: *Keep in mind that the carbohydrate and sugar content of this dessert comes from the natural sugar in the apples!*

(Excerpted from **Sensational Stevia Desserts** by Lisa Jobs, Healthy Lifestyle Publishing LLC Copyright© 9/05)