

🍴 Caramelized Apples without Sugar 🍴

Prep Time: 5 min | **Cook Time:** 15/20 min | **Servings:** Variable | **Difficulty:** Easy | **Diet:** Mediterranean



Ingredients

- 2 sweet ripe apples
- Ground cinnamon
- Ground ginger
- 100 ml Water
- Juice of half a lemon

How to make step by step

1. **Prepare the apples**
 - Peel and wash the apples
 - Core them and slice into ~1 cm thick slices
2. **Cook in pan with aromatics**
 - Place the slices in a nonstick frying pan for even cooking
 - Add 100 ml water, ground ginger, lemon juice, and cinnamon to the pan
3. **Simmer covered until tender**
 - Cover the pan
 - Cook over medium-low heat for 15–20 minutes
 - Cook until apples are soft but still slightly firm
4. **Serve or use as desired**
 - Use warm as a dessert topping
 - Use in cakes, strudels, muffins, pancakes, waffles, or with porridge or yogurt

👉 Video recipe: <https://www.youtube.com/watch?v=QFpojLMcvLU>

💡 Tips & Variations

- ✓ Add 1 tablespoon of raisins or chopped dates while cooking: they'll release natural sweetness and make the apples even more aromatic.
- ✓ Besides cinnamon and ginger, try cardamom, nutmeg, or a pinch of cloves for a spicier, more "wintery" touch.
- ✓ Serve the warm apples with a spoonful of Greek yogurt and a handful of crunchy granola: it becomes a healthy and delicious breakfast, or a light dessert.