



Microwaved apple with cinnamon

Ingredients (serves 1)

1 delicious golden apple (about 200 g)

Ground cinnamon

50 ml water

Method

1. Peel the apple, remove the seeds, and cut it into quarters.
2. Put it in a container suitable for microwave cooking.
3. Add the ground cinnamon and add a splash of water.
4. Cook for a minimum of six to seven minutes at maximum power.
5. The cooked apple texture should be easy to mash with a fork or have a custard-like consistency.

Recommendations

The apple can also left uncut and mashed to the desired texture.