

Frugal Foodie Friday: Sinful Cinnamon-Apple Sauté (Breakfast or Dessert?)

Actually, this little dish isn't sinful at all, but that title just sounds so good doesn't it? Well, this Scrumptious Cinnamon Apple Sauté does produce tender, juicy apples with a wonderfully rich, sweet, and cinnamon-y syrup, rendering it indulgent enough for a healthy dessert. However, I had it for breakfast. I ate it on its own as a part of my multi-course Sunday grazing. But, this simple recipe (just 10 minutes!) is incredibly flexible when it comes to serving options ... Top waffles with the apples and resultant cinnamon-apple syrup; Top the apples with a scoop of ice cream (this one and this one being my picks), drizzling some of the resultant syrup over top of everything for a sundae flare; Spread nut butter on a bagel, toast, or rice cakes, and top with slices of cinnamon apples; and the list goes on ...