Did You Know?

Cinnamon sticks, also called "quills," are the dried bark from a type of evergreen tree.
APPLE DANISH

Enjoy this delicious danish on an early fall day. A combination of applesauce and spices on an English muffin brightens up the day.

Ingredients
1 English muffin
½ teaspoon butter, softened
2 teaspoons applesauce
1 teaspoon granulated sugar
¼ teaspoon cinnamon
A few raisins (optional)

Directions
1. Carefully cut English muffin in half into two circles.
2. Spread butter on top of the muffin halves.
3. Spread applesauce over the butter.
4. In a small mixing bowl combine sugar and cinnamon.
5. Sprinkle sugar-cinnamon mixture over muffin.
6. Add raisins to the top of the muffin.

Equipment
Small mixing bowl
Spoon for mixing
Measuring spoons
Table knife
Plates for serving

Extension
How does a cinnamon stick go from a solid to a powder?

A Book to Read
Cinnamon’s Busy Year by Tony Waters is the story of a mouse named Cinnamon and her friends as they celebrate special days and holidays throughout an entire year.

Yield: Makes 2 servings. Serving size ½ English muffin.

Nutritional information for Danish: 2 grams fat, 16 grams carbohydrates, 1 gram fiber, 2 grams protein.