



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.

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Ingredients

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

Equipment

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

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.

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.

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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.