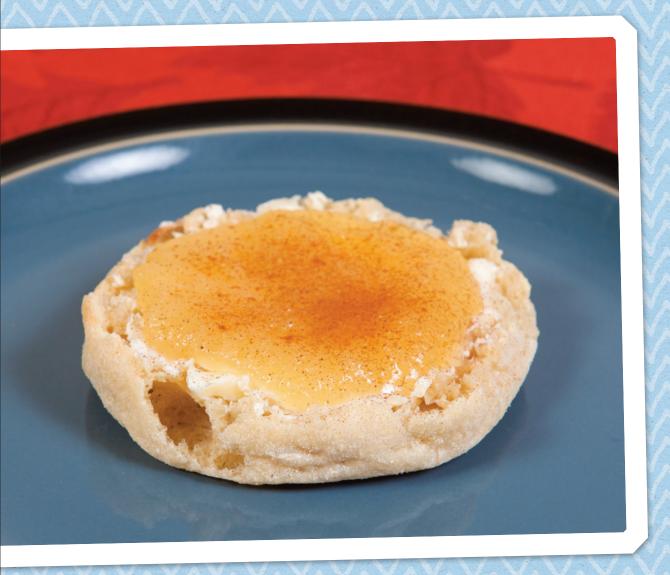
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Did You Know?

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

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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)

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.