

**Melanie Mitro**

15 Star Diamond Beachbody Coach

<http://melaniemitro.com>

---

## Cinnamon Dusted Apples with Cottage Cheese



I stumbled upon this totally yummy cinnamon dusted apples snack recipe when I was looking for ways to spruce up my snack schedule. I hope you enjoy it as much as I did! Can't wait to make it again today!

As you may (or may not) know, I'm a HUGE fan of snacks! I have at least 2 of them a day, as I'm one that eats anywhere from 4 to 5 small meals a day.

Since I tend to be on the go, the easier the better....right?! I don't think I'm alone on this one! Hence, why I love relying on the library of nutritional guides I have from my favorite Beachbody workout programs – P90X, Insanity, Turbo Fire and Brazil Butt Lift.

This new one I tried is from TurboFire, so can't quite take credit for it's creation...just for how it turned out!

1 medium apple (the crispier, the better, for me!!)

2 tbsp of water

1 tsp of cinnamon

1 tbsp of chopped walnuts or sliced almonds

1/2 cup of 2% cottage cheese

Slice apple into thin pieces, removing the core. Saute the sliced apples in the water, until tender, yet crispy. Place cottage cheese in a flat bowl (think pasta bowl), place sauteed apples on top, sprinkle cinnamon and nuts on top.