

Apple and Pear Stir Fry

Just Say Yes to Fruits and Vegetables

If you like apple crisp, give this a try!



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Apple and Pear Stir Fry

Serves 6 ▪ Serving: ½ cup

Just Say Yes to Fruits and Vegetables

Swap your dessert for this sweet and healthy dish!

Ingredients:

- 2 teaspoons vegetable oil
- 2 chopped apples
- 1 chopped pear
- 2 tablespoons lemon juice
- ½ teaspoon cinnamon
- ⅛ teaspoon ground nutmeg

Directions:

1. Heat oil in a large pot over medium heat.
2. Add apples and cook for 3 minutes.
3. Add pears and lemon juice. Cook for another 4 minutes.
4. Add cinnamon and nutmeg and stir. Continue cooking for 3 more minutes.
5. Serve immediately.
6. Refrigerate leftovers.

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