

Toast To The Holidays

Create this savoury, sweet treat that smells just like Christmas!

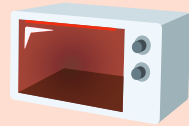
Apples and cinnamon toast

SERVES

4



Follow these steps



1. Preheat oven to 180°C.



2. Slice the green apples and sprinkle lightly with sea salt and cinnamon.



3. Place apples slices on lightly buttered baking tray. Bake for 5 to 8 minutes and remove from oven.



4. Toast wholemeal bread and place baked apple slices over each toast.



5. Crush cornflakes. Roll a scoop of vanilla ice cream over them, then place on top of each toast. Sprinkle cinnamon powder and serve.

Green Vs Red

Apples are high in vitamin C and fibre, and are good for our gut and heart. **Green apples** have slightly more fibre and less carbohydrates and calories than **red apples** but both get the thumbs up as nutritious snacks.

→ WHAT YOU'LL NEED

- 2 green apples
- 4 slices of wholemeal bread
- 1 cup of cornflakes
- 1 scoop of vanilla ice-cream
- Cinnamon powder
- Sea salt



Green apples

Wholemeal bread

Cinnamon powder

Vanilla ice-cream

Sea salt

Cornflakes

The Goodness Of Spice



> **Cinnamon** has been valued for its medicinal properties in China and Japan for centuries. It is said to have anti-bacterial properties and provides relief from cold, flu and digestive problems. Several studies also suggest it is anti-inflammatory, improves regulation of blood sugar levels as well as cognitive function.

Find out how to oomph up your dishes with spices at www.healthhub.sg/live-healthy/1404/spice-up-your-life-dried-and-tested