

Cambridge in Motion

presents

this week's *healthy recipe*:

Easy Individual Apple Crisp

Ingredients:

1 apple
cinnamon (sprinkle/to taste)
½ teaspoon sugar
1 graham cracker

Directions:

1. Peel and chop apple
2. Microwave on high for 3 minutes
3. Stir in cinnamon and sugar with apple
4. Sprinkle crushed graham cracker on top
5. Cool down until safe to eat!

Serves: 1

Note: adult supervision is needed for cooking activities!

As a community, we can work together to promote health.
Send your child to school with a healthy snack!



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CAMBRIDGE PUBLIC HEALTH DEPARTMENT



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