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Description

Cinnamon Candy Apple Slices are a colorful, old-fashioned treat made with tender apples simmered in a sweet, spicy cinnamon syrup. The apples develop a beautiful ruby-red color, a glossy finish, and a delicious balance of fruity sweetness and warming cinnamon flavor.

This easy stovetop recipe is perfect for autumn gatherings, holiday meals, dessert toppings, or a cozy snack. Apples provide fiber, while the cinnamon candy syrup adds sweetness—making this a nostalgic dessert rather than a high-protein or low-carb recipe.

Can Cinnamon Candy Apple Slices Support Weight Loss Goals?

Cinnamon Candy Apple Slices can fit into a balanced eating pattern when enjoyed in moderate portions. Apples provide fiber and natural fruit nutrients, while the cinnamon candy and added sugar contribute most of the extra sweetness and calories.

For weight-management goals, consider reducing the amount of syrup served with each portion and pairing a small serving with plain Greek yogurt for additional protein. This dessert is not inherently low-carb, keto-friendly, or high-protein, but portion size and the rest of your meal can help you enjoy it in a balanced way.

Does Cinnamon Candy Apple Slices Fit a High-Protein Lifestyle?

These apple slices are primarily a fruit-based dessert, so they contain only a small amount of protein. Apples provide fiber and natural carbohydrates, while cinnamon candies and added sugar increase the total carbohydrate content. Net carbs will vary with the apple size and how much syrup is consumed. For a more protein-friendly snack, serve the slices with plain Greek yogurt or cottage cheese.

My Personal Experience

The following points describe the recipe's expected qualities rather than claiming personal testing.

- A nostalgic cinnamon flavor: Cinnamon candies create a sweet, warming flavor that makes the apples taste like a classic holiday treat.
The syrup also gives the slices an attractive red color as they cook.
- Tender but colorful apples: Gently simmering the slices helps them soften while allowing them to absorb the cinnamon syrup.
Watching them closely keeps them from becoming mushy.
- A versatile dessert topping: The finished slices can be served chilled, warm, or at room temperature.
They also make a colorful topping for pancakes, waffles, oatmeal, or vanilla ice cream.
- Simple stovetop preparation: The recipe uses everyday ingredients and requires no oven or specialized candy-making equipment.
A saucepan and gentle stirring are enough to create the sweet cinnamon syrup.

Perfect For

- Fall desserts: Serve with apple cake, spice cake, or vanilla ice cream.
- Holiday meals: Add a bright red side dish to Thanksgiving or Christmas menus.
- Breakfast toppings: Spoon a few slices over oatmeal, pancakes, or waffles.
- Family snacks: Offer small chilled portions as a sweet afternoon treat.
- Dessert boards: Pair with cheese, crackers, nuts, and other seasonal treats.
- Protein-friendly pairings: Serve a small portion with plain Greek yogurt to add protein.
- Low-carb meal plans: This traditional version is not low-carb, but a modified recipe using a suitable low-carb sweetener and a smaller apple portion may be an option.

Why You'll Love This Recipe

- Beautiful ruby-red color: Cinnamon candies naturally tint the syrup as they dissolve. The finished apple slices look festive on a serving platter.
- Sweet with a cinnamon kick: The candies bring a warm, spicy flavor that complements the apples.
You can adjust the intensity by changing the amount of cinnamon candy.
- Easy ingredients: Apples, water, and cinnamon candies form the base of this simple recipe.
A little extra sugar is optional depending on the sweetness of the candy and apples.
- Flexible serving options: Enjoy the slices warm, chilled, or at room temperature. They work as a side dish, dessert topping, or sweet snack.
- Make-ahead friendly: Prepare the apples ahead and refrigerate them for serving later. The slices can continue absorbing flavor as they cool in the syrup.

Common Mistakes to Avoid

1. Overcooking the apples: Long cooking can make the slices fall apart. Simmer only until they are fork-tender.
2. Using very soft apples: Softer varieties may break down quickly. Choose firm apples such as Granny Smith, Fuji, or Rome.

3. Letting the syrup scorch: Stir as the candies dissolve, especially around the bottom of the saucepan.
4. Adding too much sugar: Cinnamon candies are already sweet. Taste the syrup before adding optional sugar.
5. Leaving the finished apples out too long: Cool them promptly and refrigerate leftovers in a covered container.

Required Equipment

- Medium saucepan — Provides room for the syrup and apple slices to cook evenly.
- Sharp knife — Helps cut uniform slices that cook at a similar rate.
- Cutting board — Provides a stable surface for preparing the apples.
- Wooden spoon or heat-resistant spatula — Helps dissolve the candies without damaging the pan.
- Slotted spoon or tongs — Makes it easier to lift tender apple slices without breaking them.
- Airtight storage container — Keeps refrigerated leftovers covered and fresh.

Storage Instructions

Refrigerator: Allow the cooked apple slices to cool, then transfer them and any desired syrup to a clean, airtight container. Refrigerate promptly at 40°F (4°C) or below and use within about 3–4 days.

Freezer: For longer storage, place the cooled slices and a little syrup in a freezer-safe container, leaving some room for expansion. Freeze for up to 2–3 months for best quality. Thaw overnight in the refrigerator; the apples may become softer after freezing.

Reheating: Warm a portion gently in a saucepan over low heat or in a microwave-safe bowl in short intervals. Add a spoonful of water if the syrup has become too thick.

Food safety: Do not leave cooked apples at room temperature for more than two hours, or one hour when the surrounding temperature is above 90°F (32°C). This recipe is for refrigerated or frozen storage, not shelf-stable canning.

Recipe Details

- Preparation Time: 10 minutes
- Cooking Time: 15–20 minutes
- Total Time: Approximately 25–30 minutes
- Servings: 6
- Best Season: Fall and winter, but suitable for all seasons
- Total Calories per Serving: Approximately 150–220 calories, depending on the apples, candy quantity, added sugar, and syrup served

Short 3-Line Description

Cinnamon Candy Apple Slices are tender apples coated in a sweet, ruby-red cinnamon syrup. They make a nostalgic dessert or colorful side dish for autumn gatherings and holiday meals. Serve warm or chilled, and refrigerate leftovers for an easy treat later.

Ingredients

- 4 medium firm apples — Granny Smith, Fuji, or Rome apples work well.
- 1½ cups water — Forms the base of the syrup.
- ½ cup red cinnamon candies — Such as Red Hots or cinnamon imperials; adjust to taste.
- ¼ cup granulated sugar (optional) — Add if you prefer a sweeter syrup.
- A few drops of red food coloring (optional) — Use only if you want a deeper red color.
- ¼ teaspoon ground cinnamon (optional) — Adds extra cinnamon warmth.

Directions

1. Prepare the apples. Wash and dry the apples. Peel them if desired, remove the cores, and cut them into approximately ¼- to ½-inch slices or rings. Try to keep the pieces a similar thickness for even cooking.
2. Make the cinnamon syrup. Pour the water into a medium saucepan and add the cinnamon candies and optional sugar. Heat over medium heat, stirring frequently for about 5–8 minutes, until the candies dissolve and the liquid becomes a smooth, colored syrup.
3. Add the apple slices. Carefully place the slices in the saucepan. Bring the mixture to a gentle boil, then reduce the heat to medium-low so it simmers rather than boils vigorously.
4. Simmer until tender. Cook for about 8–15 minutes, gently turning the slices occasionally.

The apples should look glossy and red, and a fork should enter easily while the slices still hold their shape. Thin slices may cook faster.

5. Adjust the syrup. If the liquid is too thin, remove the apples carefully and simmer the syrup for another 2–4 minutes. Stir frequently and keep the heat moderate to prevent scorching.
6. Cool in the syrup. Turn off the heat and let the apples rest in the syrup for 5–10 minutes so they can absorb more cinnamon flavor. Avoid stirring too vigorously, which can break the slices.
7. Serve or store. Serve warm, at room temperature, or chilled. Transfer leftovers to a clean covered container and refrigerate promptly.

Cooking tip: Firm apples and gentle simmering help the slices retain their shape. For a protein-friendly serving, pair a small portion with plain Greek yogurt instead of adding more syrup.

Nutrition Facts (Per Serving – Approximate)

Estimated for one of six servings, using four medium apples, ½ cup cinnamon candies, and no optional added sugar. Actual values vary by brand, apple size, and syrup consumed.

- Calories: 140–190
- Total Fat: 0–1 g
- Cholesterol: 0 mg
- Sodium: 5–30 mg
- Potassium: 180–250 mg
- Total Carbohydrates: 35–48 g
- Fiber: 3–5 g
- Net Carbs: 32–44 g
- Sugars: 28–40 g
- Protein: 0–1 g
- Calcium: 10–20 mg

These are rough estimates, not laboratory-tested values. Optional sugar, the candy brand, and the amount of syrup eaten can significantly change the nutrition figures.

Notes

- Choose firm apples: Granny Smith apples add a tart contrast to the sweet syrup, while

Fuji apples give a sweeter result.

- Control the texture: Begin checking the apples after about 8 minutes to avoid overcooking.
- Adjust the sweetness: The candies already contain sugar, so the extra granulated sugar can be omitted.
- Color: Food coloring is optional; the cinnamon candies provide color on their own.
- Storage: Refrigerate promptly and use within 3–4 days. Do not treat this recipe as a tested canning formula.
- Reheating: Warm gently over low heat or in short microwave intervals.
- Allergy information: Check the candy label for ingredient and allergen information, including possible food-coloring sensitivities.
- Flavor boosts: A small cinnamon stick, a pinch of cloves, or a little orange zest can add extra seasonal flavor.
- High-protein option: Serve with plain Greek yogurt or cottage cheese to add protein to the dessert.

Frequently Asked Questions

1. Which apples are best for Cinnamon Candy Apple Slices?

Firm varieties such as Granny Smith, Fuji, and Rome hold their shape better during simmering.

2. Can I make these apple slices without food coloring?

Yes, the red cinnamon candies usually provide color without additional food coloring.

3. Can I reduce the sugar?

Yes, you can omit the optional granulated sugar because the cinnamon candies already add sweetness.

4. Should Cinnamon Candy Apple Slices be served warm or cold?

They can be enjoyed warm, at room temperature, or chilled, depending on your preference.

5. How long do leftovers last?

Store them in a covered container in the refrigerator and use them within about 3–4 days.

6. Can I can these apple slices for pantry storage?

Use only a tested, research-based canning recipe with its exact ingredients and processing

directions; this quick stovetop recipe has not been established as a shelf-stable canning formula.