

## Kev's Kitchen

### APPLE FENNE SAUTE

**Time: 20 minutes**

**Serves: 4**

#### **Ingredients:**

2 green apples – cored and finely sliced  
2 teaspoons apple cider vinegar  
2 bulbs fennel – finely sliced with cores discarded  
2 teaspoons extra-virgin olive oil  
½ teaspoon kosher salt  
¼ teaspoon ground cinnamon  
¼ teaspoon stevia  
1 pinch ground cloves  
1 pinch nutmeg

#### **Preparation:**

Toss the apple in the cider vinegar immediately after slicing to keep it from browning.

Heat a pan on medium heat and add the olive oil.

Add the apples and all remaining ingredients to the pan, stirring occasionally for seven minutes.

Remove from heat and serve immediately.

#### **Nutritional Information Per Serving:**

Calories: 101  
Fat: 3g  
Carbs: 21g  
Fibre: 6g  
Protein: 2g