

This was one of my favorite childhood sandwiches. I updated the technique as an adult after I perfected my Cinnamon Toast technique.  
~grin~

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## Apple Sandwich

For each sandwich you will need:

2 slices of bread

Butter

Cinnamon

Sugar

Approx 1/2 an apple, cored and sliced

Toast the bread slices. As soon as they come out of the toaster, butter slices. Sprinkle a fair amount of cinnamon on each slice. Sprinkle a little bit of sugar on each slice. Using a regular table knife, mix the cinnamon and sugar together on each slice while also pressing mixture into the toast. (This helps keep the cinnamon and sugar on the toast where it tastes better than having fallen on to the plate. ~wink~) Place apple slices on top of the cinnamon/sugar mixture on one slice of toast. Cover with the other slice of toast, making sure to place the cinnamon/sugar mixture side facing the apple slices. Enjoy sandwich and nibble on any remaining apple slices.

### Notes:

- \* Butter on the toast slices needs to be more than a light buttering in order to be able to hold the cinnamon and sugar mixture in the sandwich.
- \* Slice apples to your desired thickness. I've made my slices super-thick at times and also really thin - depending on my mood that day.
- \* My favorite apple variety to use is Granny Smith, but *\*any\** apple variety works well for this sandwich.
- \* Adding the cinnamon before the sugar allows you to use less sugar.
- \* My motto is "The more cinnamon the better". Many people don't realize just how great cinnamon is until they try a bit more than they are used to. Spice your toast the way your taste buds enjoy.