

Baked Apples

Makes 4 servings

Ingredients

- 4 medium baking apples*
- ½ cup raisins, dates, or mixed dried fruits
- 2 Tablespoons brown sugar
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ⅓ cup water

Directions

1. Spray or grease baking pan (any size).
2. Wash and core apples, leaving them whole; slice bottoms to sit level. Place apples on a baking pan coated with non-stick spray.
3. Combine raisins, dates, or mixed dried fruits, brown sugar, cinnamon, and nutmeg. Spoon into centers of apples. Add water to dish.
4. Bake at 350°F for 30 to 40 minutes or until apples are tender, basting occasionally with the cooking liquid. To reduce baking time, cook partially in the microwave for 3 minutes in a microwave-safe dish. Bake in oven at 350°F for 15 minutes.
5. Serve warm with low-fat vanilla yogurt, regular or frozen.



Nutrition Facts

Serving Size 1 apple (224.78g)
Servings Per Container 4

Amount Per Serving

Calories 190 **Calories from Fat** 0

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 44g 15%

Dietary Fiber 5g 21%

Sugars 34g

Protein 1g 2%

Vitamin A 0% • Vitamin C 15%

Calcium 2% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

**Varieties for baking include:*

Braeburn, Gala, Granny Smith,

Golden Delicious, Jonathan, Rome Beauty

