



Baked Apples

Ingredients:

Baked Apples

4 Granny Smith or Gala apples (with skin)
1/4 cup no sugar added apple juice or apple cider
1/4 cup brown sugar
2 Tablespoons cornstarch
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon salt
For the cinnamon yogurt topping:
2 1/2 cups fat free vanilla yogurt
1 Tablespoon honey*
1/4 teaspoon cinnamon

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* Honey should not be fed to infants less than one year of age

Directions:

1. Wash hands with soap and warm water. Wash fresh fruit before preparing.
2. Preheat oven to 350°F.
3. Spray an 8x8-inch baking dish with nonstick cooking spray; set aside.
4. Core and thinly slice apples. Place apples in a medium bowl and toss with apple juice.
5. Mix brown sugar, cornstarch, cinnamon, nutmeg and salt together in a small bowl. Sprinkle over apples and stir gently until apples are coated.
6. Pour apples into prepared baking dish. Bake 45-50 minutes or until apples are slightly browned at edges and sauce is bubbling.
7. For the cinnamon yogurt topping: Mix yogurt with honey and cinnamon. Store in refrigerator until apples are done baking.
8. Serve 1/4 of the warm apple mixture with 1/4 of the yogurt topping.

Nutrition Facts (Per Serving)

calories, 300; carbohydrate, 68 g; protein, 8 g; total fat, 0 g; saturated fat, 0 g; trans fat, 0 g; cholesterol, 3 mg; fiber, 5 g; total sugars, 57 g; sodium, 260 mg; calcium, 288 mg; folate, 0 mcg; iron, 0 mg; percent calories from fat, 0%.

Recipe adapted from 3-A-Day.

Makes 4 servings.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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