

Baked Apples

Makes 4 apples | **Fruits**

Ingredients

- 4 apples
- ½ cup raisins, dates, or mixed dried fruits
- 2 Tablespoons brown sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon nutmeg
- ⅓ cup water or apple juice

Directions

1. Wash hands with warm, soapy water.
2. Preheat oven to 350°F.
3. Spray baking pan with nonstick spray.
4. Wash, dry, and core apples, leaving them whole. Slice bottoms to sit level.
5. Combine dried fruits, brown sugar, cinnamon, and nutmeg. Spoon into centers of apples. Pour apple juice or water into the baking pan.
6. Bake at 350°F for 30-40 minutes or until apples are tender, basting occasionally with the water or juice.
7. Serve warm with low-fat vanilla yogurt, regular or frozen.



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Recipe from the
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