

Baked Apples

Makes 4 servings | **Fruit**

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
- Nonstick spray

Directions

1. Wash hands with warm, soapy water for 20 seconds.
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. In a small bowl, combine dried fruits, brown sugar, cinnamon, and nutmeg.
6. Spoon into centers of apples. Pour apple juice or water into the baking pan.
7. Bake at 350°F for 30-40 minutes or until apples are tender, basting occasionally with the water or juice.
8. Serve warm with low-fat vanilla yogurt, regular or frozen.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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