Baked Apple Delight

• 1/8 tsp. nutmeg

• 4 medium baking apples

• 8 tsp. dried cranberries or raisins

• 4 tsp. frozen apple juice concentrate

Try this low-fat baked apple treat.

• 8 tsp. crushed walnuts

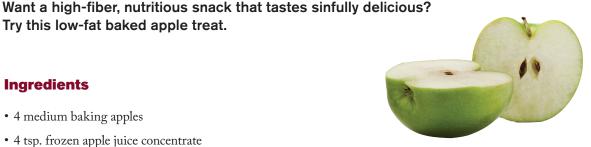
• 1/4 tsp. cinnamon

Preparation

Ingredients

- 1. Preheat oven to 350 degrees F. Core apples from stem side, almost to the bottom. Mix apple juice concentrate with cinnamon and nutmeg.
- 2. Fill each apple with one teaspoon apple juice/spice mixture, two teaspoons of dried fruit and two teaspoons of walnuts.
- 3. Pour 1/2 inch of water around apples. Bake for 20 minutes or until apples are soft, but still holding their shape. Serve warm or cold.
- 4. Splurge with a tablespoon of fat-free whipped topping only adds a few extra calories.

Yield: 4 servings





Amount Per Serving

Calories 130

Fat 2.5g

Carbohydrate 24.5g

Dietary Fiber 1.5g

Protein 1.5g

Sodium 3mg

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