

Baked Apple Delight

Want a high-fiber, nutritious snack that tastes sinfully delicious?
Try this low-fat baked apple treat.

Ingredients

- 4 medium baking apples
- 4 tsp. frozen apple juice concentrate
- 1/4 tsp. cinnamon
- 1/8 tsp. nutmeg
- 8 tsp. dried cranberries or raisins
- 8 tsp. crushed walnuts

Preparation

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



Nutrition Facts

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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