



# HURRY-UP BAKED APPLES

Serves: 4 | Serving Size: 1 apple half | Per Serving: \$.45

## INGREDIENTS

- 2 medium-size tart apples (Granny Smith, Braeburn, Cortland, Jonathan, Fuji)
- 1 teaspoon white or brown packed sugar
- ¼ teaspoon ground cinnamon
- 2 tablespoons oatmeal
- 2 tablespoons (total) raisins, sweetened dried cranberries, chopped walnuts or other nuts
- 1 (6-ounce) container lowfat vanilla yogurt

## INSTRUCTIONS

1. Cut apples in half lengthwise. Use spoon to remove cores and hollow out a space 1 inch or more deep. Arrange apple halves, cut sides up, in microwavable dish. Cut thin slices off bottoms to keep from tipping.
2. Combine sugar, cinnamon, oatmeal, raisins, and nuts. Fill each apple half.
3. Cover with plastic wrap. Fold back one edge ¼ inch to vent steam.
4. Microwave 3 to 3 ½ minutes, or until apples can be cut easily. Take from microwave. Let sit a few minutes.
5. Spoon yogurt over the top.

## COOKING TIPS

- Great as a dessert, snack, or for breakfast.
- Storage tip for raw apples: They keep best in a plastic bag in the refrigerator.

Nutrition Facts	
Serving Size 1/2 Prepared Apple	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 20g	
<b>Protein</b> 2g	
Vitamin A 2%	• Vitamin C 8%
Calcium 6%	• Iron 2%

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