

BAKED APPLES

SERVES: 5 | SERVING SIZE: 1 baked apple | PREP: 20 minutes | READY: 1 hour

INGREDIENTS

- 5 small to medium apples (Gala, Granny Smith, and Paula Red work well)
- 1/4 cup packed brown sugar
- 3 tablespoons raisins
- 2 tablespoons old-fashioned rolled oats
- 2 tablespoons chopped pecans
- 1/2 teaspoon ground cinnamon
- 2 tablespoons spreadable butter and oil blend (such as Challenge Spreadable Butter)
- 1 cup warm water



DIRECTIONS

Preheat oven to 350 degrees. Core each apple, leaving the bottom intact to hold the filling.

In a bowl, mix brown sugar, raisins, oats, pecans, and cinnamon. Add butter and oil blend and, using a fork, work into dry ingredients until crumbly.

Fill each apple with brown sugar filling and place in baking dish containing 1 cup water. Bake 35 to 45 minutes or until apples are tender.

NUTRITION INFORMATION PER SERVING

200 calories, 6 g total fat, 2 g saturated fat, 0 g trans fat, 6 mg cholesterol, 21 mg sodium, 38 g total carbohydrate, 5 g dietary fiber, 30 g total sugars, 9.5 g added sugars, 1 g protein, 0 mcg (0%) vitamin D, 10 mg (0%) calcium, 1 mg (6%) iron, 67 mg (2%) potassium

