

BAKED APPLES

Yield: 4 Servings (1 apple)



TOTAL TIME: 40 minutes

INGREDIENTS

- 4 large apples
- 2 Tbsp. butter (melted)
- 2 Tbsp. brown sugar
- 2 Tbsp. flour
- 4 Tbsp. quick oats
- Pinch of cinnamon

PREPARATION

1. Preheat oven to 350 degrees.
2. Cut apples in half and remove core and seeds with a small paring knife or spoon.
3. In a small bowl combine butter, brown sugar, flour, oats and cinnamon.
4. Stuff each apple with approx. 3 Tbsp. of mixture.
5. Place on a cookie sheet and bake for 30 min.
6. Serve warm and with fat-free whipped cream or low-fat ice cream.

NUTRITION

Per serving: 152.8 Calories; Fat: 6.3 g; Carbohydrates: 27 g; Protein: 1.1 g; Fiber: 3.4 g.

Recipe courtesy of All Recipes