Baked Apples

Ingredients
1 medium-sized apple
1 tablespoon raisins
1/2-1 tablespoons brown sugar
2 pinches ground cinnamon

Directions
1. Wash and scrub the apple. Using a small paring knife, cut around the core of the apple starting from the top and remove the inner core and seeds.
2. Combine raisins, brown sugar, and cinnamon in a bowl and fill the apple hole with it.
3. Microwave: Place apple in microwave safe bowl. Cover bowl/apple with plastic wrap. Microwave for about 5 minutes or until soft.
4. Oven: Preheat oven to 350°F. Place apple on baking pan and bake (uncovered) for about 25 minutes or until soft.

Makes 1 serving

Nutrition information per serving (1 apple):
133 calories, 1g fat, 1g protein
37g carbohydrates, 5g dietary fiber