

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*