

➤ ➤ **Lighter Baked Apples**

Ingredients:

2 large apples, cut in half
2 tbsp butter, melted
2 tbsp brown sugar
4 tbsp quick oats
pinch of cinnamon



Directions:

Preheat oven to 350°. Cut apples in half and remove core and seeds with a small paring knife or spoon.

In a small bowl combine butter, brown sugar, oats and cinnamon. Spoon filling into cored apple halves. Place on a cookie sheet and bake in the oven for 30 minutes. Serve warm with low-fat yogurt if desired.



Recipe developed by the Sodexo dietitians at UConn Health.

Nutrition Information (per 1/2 apple): Calories: 144, Fat: 6g, Protein: 1g, Carbohydrates: 22g, Fiber: 2.5g