Slow Cooker Baked Apples

Fall starts today and I can’t wait for all the fresh varieties of apples to make their way to the market. This recipe from Kansas State University Cooperative Extension is a great way to enjoy an apple dessert without all the extra calories. It is also a great way to get kids involved in the kitchen and teach them important skills such as measuring and knife safety.

6 large baking apples (Granny Smith, Jonathan, or Jonagold work well)
3 tablespoons brown sugar
¼ teaspoon nutmeg
1 teaspoon cinnamon

Quarter apples and remove core. Place in slow cooker. Mix sugar and spices and sprinkle over apples. Cover and cook 4 hours on low or 2 hours on high, stirring once after juice begins to form to more evenly distribute seasonings.

Encourage your family to make mealtimes meaningful by having conversation. Not sure what to talk about?
Visit the Family Dinner Project website at http://thefamilydinnerproject.org for conversation starters. Mix it up a little bit by putting several conversation starters in a jar and letting everyone take a turn picking a question.

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