



Hurry-Up Baked Apples

Prep Time: 15 minutes

Cook Time: 5 minutes

Cost per serving: \$0.42

What you need:

Utensils:

- Cutting board & knife
- Measuring spoons
- Mixing spoon
- Mixing bowl

Ingredients:

- 2 medium-size tart apples (Granny Smith, Braeburn, Cortland, Jonathan, Fuji)
- 1 teaspoon white or brown packed sugar
- ¼ teaspoon ground cinnamon
- 2 tablespoons oatmeal
- 2 tablespoons (total) raisins, sweetened dried cranberries, and chopped walnuts
- 1 6-oz. container low-fat vanilla yogurt

What to do:

1. Wash your hands and clean your cooking area.
2. Cut apples in half lengthwise. Use spoon to remove cores and hollow out a space 1 inch or more deep. Arrange apple halves, cut sides up, in microwaveable dish. Cut thin slices off bottoms to keep from tipping.
3. Combine sugar, cinnamon, oatmeal, raisins, and nuts. Fill each apple half.
4. Cover with plastic wrap. Fold back one edge ¼ inch to vent steam.
5. Microwave 3 to 3½ minutes, or until apples can be cut easily. Take from microwave. Let sit a few minutes.
6. Spoon yogurt over the top.



**BETTER LIVING
FOR TEXANS**

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Nutrition Facts

Serving Size 1 apple half	
Servings Per Container 4	
Amount Per Serving	
Calories 110	Calories from Fat 15
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	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 18g	
Protein 3g	
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Vitamin A 2%	• Vitamin C 8%
Calcium 8%	• Iron 2%