

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

½ 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.

Nutrition Facts	
Serving Size 1/9 recipe	
Servings Per Container 9	
Amount Per Serving	
Calories 110	
	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 21g	
Protein 1g	2%

*Percent Daily Values are based on a 2,000 calorie diet.

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 is up a little bit by putting several conversation starters in a jar and letting everyone take a turn picking a question.

