



Hurry-Up Baked Apples

Ingredients:

- 2 medium-size tart apples (Granny Smith, Braeburn, Cortland, Jonathan, Fuji)
- 1 teaspoon white or brown packed sugar
- 1/4 teaspoon ground cinnamon
- 2 Tablespoons oatmeal
- 2 Tablespoons (total) raisins, sweetened dried cranberries, chopped walnuts or other nuts
- 1 (6-oz.) container low-fat vanilla yogurt.

Directions:

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

Source: <https://spendsmart.extension.iastate.edu>

Nutrition Facts	
4 Servings Per Recipe	
Serving Size: 1 apple half	
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrates 22g	7%
Dietary Fiber 2g	8%
Total Sugars 15g	
Added Sugars	NA*
Protein 2g	
Vitamin D 1 mcg	6%
Calcium 49 mg	4%
Iron 0 mg	0%
Potassium 187 mg	4%

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