



BAKED APPLES

INGREDIENTS

- 4 McIntosh apples
- Lemon juice
- 2 tablespoons cinnamon
- 1 tablespoon nutmeg
- ¼ cup brown sugar
- 2 tablespoons unsalted butter, melted
- Chopped walnuts or pecans for topping



INSTRUCTIONS

1. Pre-heat oven to 350°.
2. Cut apples in half, core and submerge in lemon water to prevent browning.
3. In an oven-safe pan, lightly spray the bottom with cooking spray. Place apples with the core side up. Brush with melted butter.
4. Mix together cinnamon, brown sugar and nutmeg.
5. Sprinkle cinnamon mixture over apples.
6. Bake uncovered for 30 to 45 minutes.
7. Top with chopped nuts after baking.

Makes 8 servings.

Nutrition facts

Serving size: ½ cup

Calories: 163
Carbohydrate: 19.3 g
Total fat: 11 g
Protein: 1.5 g
Sodium: 3.3 g
Sugar: 12.6 g