



Baked Apples with Maple Yogurt Sauce

6 servings

6 large firm tart apples (Fuji, Granny smith, Cortland)
2 Tbsp. packed brown sugar
1/3 Cup raisins
3/4 Cup instant rolled oats
1/3 Cup finely chopped walnuts
1 Tbsp. cinnamon
3/4 tsp. nutmeg

Maple Yogurt Sauce

1 Cup fat free or low fat plain yogurt
1/4 Cup maple syrup

- Core apples and remove the top inch of skin only. Make a shallow cut just breaking through skin around the center of each apple to prevent skin from bursting. Place the apples upright in a baking dish or pie plate.
- In a small bowl, combine brown sugar, raisins, rolled oats, walnuts, cinnamon and nutmeg. Mix until combined. Spoon mixture into center of each apple.
- Add enough water just to cover bottom of dish.
- Bake uncovered for 30 – 45 minutes, length depends on firmness of apple. Apples should be tender when pierced with a toothpick. Let stand at least 5 minutes before serving.
- Maple Yogurt sauce – combined yogurt and syrup.

When ready to serve, spoon over baked apples.

Nutritional Information: per Baked Apple

Calories: 204	Total fat: 5.7g
Saturated fat: 1.0g	Carbohydrates: 36g
Fiber: 3g	Protein: 5g