



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Baked Apples*

- 4 medium cooking apples
- ½ cup raisins, dates or mixed dried fruits
- 2 tablespoons brown sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon nutmeg
- ⅓ cup apple juice or water

1. Spray or grease baking pan.
2. Core apples, leaving them whole; slice bottoms to sit level. Place apples in a baking pan.
3. Combine raisins, dates or mixed dried fruits, brown sugar, cinnamon, and nutmeg. Spoon into centers of apples. Add apple juice to dish.
4. Bake at 350° F for 60 to 75 minutes or until apples are tender, basting occasionally with the cooking liquid. Serve warm with ice cream, light cream, or yogurt if desired. Makes 4 servings.

Nutrition Facts

Serving Size: 1 apple (183g)

Servings: 4

Amount Per Serving

Calories 160 Calories from Fat 0

% Daily Value*

Total Fat 0g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 43g **14%**

Dietary Fiber 4g **17%**

Sugars 34g

Protein less than 1g

Vitamin A 2% ■ Vitamin C 20%

Calcium 2% ■ Iron 4%

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

*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible) for more information.



TV Show

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Visit us on the web: [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible)

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