



DESSERTS

CINNAMON-PECAN BAKED APPLES



Serves 1, 1 apple per serving

Prep time: 10 minutes ▪ Cook time: 30 minutes

INGREDIENTS

- 1 Honeycrisp **apple**
- 1 tsp melted butter
- 1 tsp brown sugar
- ¼ tsp ground cinnamon
- ¼ tsp vanilla extract
- 2 Tablespoons chopped pecans

Optional Ingredients

- 1 pitted date, chopped

DIRECTIONS

1. Preheat oven to 375°F.
2. Wash, dry, and core the apple, leaving the bottom ¼ inch intact. The hole should be about 2 inches wide and broad all the way down the apple so there is enough room for stuffing.
3. Place ½ tsp melted butter, brown sugar, cinnamon, vanilla extract, and chopped pecans in a small bowl and stir to combine.
4. Place the apple in a baking dish and stuff with the prepared mixture.
5. Bring 1 cup of water to a boil on the stovetop.
6. Drizzle apple with remaining ½ tsp melted butter, then pour boiling water into the bottom of the baking dish around the apple.
7. Bake for 30 to 35 minutes, until the apple is cooked and tender.
8. Remove from the oven and allow to cool for 10 minutes. Serve warm.

CHEF'S NOTES

- Use any kind of apple in this recipe.
- Use any kind of nuts in place of pecans. Or, omit nuts if someone has an allergy.

Nutrition Facts

Serves 1

Serving Size 1 apple + stuffing

Amount Per Serving

Calories **235**

% Daily Value*

Total Fat 14g 21%

Saturated Fat 3.3g

Trans Fat 0g

Cholesterol 10.2mg 3%

Sodium 3.2mg 0%

Total Carbohydrate 30.2g 10%

Dietary Fiber 5.7g 23%

Sugars 22.6g

Protein 1.8g 4%

RECIPE BY:

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