February 13- Baked Apple and Cranberries
Smart Snack
Link: https://www.foodhero.org/recipes/baked-apple-and-cranberries

Recipe
Instructions:
1 baking apple (Granny Smith, Golden Delicious)
Dash of cinnamon to taste
1 Tablespoon dried cranberries
1 teaspoon brown sugar
½ teaspoon butter

Directions:
1. Wash hands with warm, soapy water.
2. Wash apple and remove core, leaving the bottom to hold in the filing.
3. Peel a small band of skin from around the top of the apple.
4. Sprinkle cinnamon around the top of the apple and into the hole.
5. Fill the center of the apple with cranberries, pressing down if needed.
6. Top the cranberries with brown sugar and butter.
7. Cover loosely with wax paper.
8. Microwave on high for about 2 ½ minutes or until apple is soft when poke through the center hole with a fork. Cool slightly.

Yield 1 serving