



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 filling.
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

Nutrition Facts

Serving Size 1 apple (194.93g)

Servings Per Container 1

Amount Per Serving

Calories 160 Calories from Fat 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 34g **11%**

Dietary Fiber 5g **19%**

Sugars 27g

Protein 0g **1%**

Vitamin A 4% • Vitamin C 15%

Calcium 0% • Iron 0%

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