



## November 6- Baked Fake Apple Pie

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=8755>

### Recipe

*Ingredients:*

- 1 small apple
- 1 graham cracker
- 1 teaspoon brown sugar, unpacked
- Cinnamon to taste

*Directions:*

1. Cut a small apple in half, core but do not peel.
2. Take the cracker, brown sugar and cinnamon and put them in a baggie.
3. Use the back of a spoon to crush the cracker, then shake the bag.
4. Place the apples into a casserole dish and sprinkle the cracker topping over them.
5. Cover and bake at 350°F until apple is very soft and crumb mixture is wet.
6. Uncover and brown under broiler.

Yields 1 serving

### Nutrition Facts

Serving Size 1 serving (192g)  
Servings Per Container 1

**Amount Per Serving**

**Calories** 150      **Calories from Fat** 10

**% Daily Value\***

**Total Fat** 1g      **2%**

Saturated Fat 0g      **1%**

*Trans Fat*

**Cholesterol** 0mg      **0%**

**Sodium** 35mg      **2%**

**Total Carbohydrate** 33g      **11%**

Dietary Fiber 5g      **18%**

Sugars 24g

**Protein** <1g      **2%**

Vitamin A 0%      •      Vitamin C 15%

Calcium 0%      •      Iron 2%

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