



October 21, 2014

Baked Apples

Nothing says fall quite like the warm, spiced dessert of baked apples. Packed with fiber, particularly pectin fiber, apples help gut bacteria produce compounds to protect colon cells. Sprinkled with walnuts and raisins, this recipe also contains beneficial omega-3 fat and cancer-protective flavonoids and phenolic acids. Enjoy for dessert or top with yogurt and granola for a sweet, nutritious breakfast.

Easy Baked Apples with Walnuts and Raisins

Canola oil cooking spray
3 large Granny Smith apples or any variety baking apple
3 Tbsp. whole-wheat flour
3 Tbsp. brown sugar
3/4-1 tsp. ground cinnamon
1/4-1/2 tsp. ground nutmeg
1/3 cup coarsely chopped walnuts
1/4 cup raisins
1/3 cup apple cider

Preheat oven to 350 degrees F. Spray oven-proof glass pie dish.

Cut apples in half from top to bottom, core and peel. Lay halves flat and cut into medium slices. Place apple slices in large bowl.

In medium bowl, mix together flour, sugar, cinnamon and nutmeg. Sprinkle mixture on apples and gently stir until apples are evenly coated with spices. Gently fold in walnuts and raisins.

Spoon apple mixture into prepared pie dish. Drizzle cider evenly over top.

Bake 50-55 minutes or until apples are tender. Remove from oven and cool 5 minutes. Using spatula, carefully turn over apple mixture to get caramelized sauce from bottom of dish. Serve hot or let cool to room temperature, refrigerate and serve cold later.

Makes 6 servings.

Per serving: 151 calories, 3.5 g total fat (<1 g saturated fat), 31 g carbohydrate, 2 g protein, 4 g dietary fiber, 5 mg sodium.

