

Spiced Baked Apples

Ingredients:

- 2 medium tart apples, halved, cored
- 4 teaspoons granulated sugar substitute
- ½ teaspoon apple pie spice
- ¼ cup light whipped topping

Directions:

1. Preheat oven to 350°F
2. Arrange apple halves, cut side up, in 9 X 9 baking dish. Add ½ cup water
3. Combine sugar substitute and spice, sprinkle over apples
4. Cover with foil and bake 45 minutes
5. Remove apples and transfer liquid in baking dish to small sauce pan
6. Bring to a boil, reduce heat and simmer, until most of the liquid evaporates.
7. Pour over baked apple halves and top with 1 tablespoon whipped topping

| Nutrition Facts | |
|---------------------------------|-----------------------|
| Servings: 2 | |
| Amount per serving | |
| Calories | 135 |
| | % Daily Value* |
| Total Fat 2.1g | 3% |
| Saturated Fat 1g | 5% |
| Cholesterol 6mg | 2% |
| Sodium 12mg | 1% |
| Total Carbohydrate 31.7g | 12% |
| Dietary Fiber 5.4g | 19% |
| Total Sugars 23.8g | |
| Protein 0.8g | |

Top 10 Ways to Enjoy Apples

10. Apple Chutney. Swap cranberries out for apples and top our Spicy Apple & Pear Chutney over turkey sandwiches, pork chops, grilled chicken, and more!

9. Applesauce ... Smooth or Chunky? Low sugar or sugar-free? With raisins ... or cranberries? Just spice it up and make it your own.

8. Apple Tasting Bar! With all of the varieties of apples available, set up an apple tasting bar and have your kids try as many different varieties that you can find at your local grocery store/market! See what they have to say!

7. Main Dish. Many of your main dishes could benefit from a little apple flavoring. Apple Chicken Stir Fry is an unexpected way to enjoy apples and it's absolutely delicious!

6. Bake 'em!

5. On the Go. Crunch into a delicious whole apple at snack time, mealtime or anytime at all.

4. Peanut Butter ... Need We Say More? Slice and enjoy apples with Peanut Butter Dip. Add carrots and celery for more color and variety.

3. Dessert!

2. Apple Dipping Bar. Forget bobbing for apples, try dunking them! Kids will love helping out with this fun Dipping Bar!

1. Fennel & Apple Salad. Combine 1 fennel bulb and 2 cored and cubed apples topped with a citrus vinaigrette for a simple 3-ingredient salad!