

# Apples in a Bag

(Serves 1-2)

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Recipe type: Dessert, Snack

## Ingredients

- 1 Apple (Granny Smith or Golden Delicious)
- 1 packet of Splenda **OR** Sugar
- ¼ teaspoon cinnamon
- ¼ teaspoon cornstarch
- 1 tablespoon water



Photo from <http://www.5dollarinnings.com/denises-quick-and-easy-baked-apple-recipe/>

## Instructions

1. Peel or don't peel apple, core and slice or dice. Place in Ziploc Zip 'n Steam Bag along with remaining ingredients. Seal bag and shake well to mix ingredients.
2. Microwave on High for 2 minutes-- longer if you use a big apple.
3. Carefully (it will be HOT and steamy) open bag and pour into a bowl and Enjoy!

## Nutrition Information: (Per Serving)

### 1 Serving w/ Sugar

100 calories  
0 g fat  
27 g carbohydrate  
0 g protein

### 2 Servings w/ Sugar

50 calories  
0 g fat  
14 g carbohydrate  
0 g protein

### 1 Serving w/ Splenda

85 calories  
0 g fat  
24 g carbohydrate  
0 g protein

### 2 Servings w/ Splenda

45 calories  
0 g fat  
12 g carbohydrate  
0 g protein

Recipe modified from:

<http://www.salad-in-a-jar.com/family-recipes/apples-in-a-bag>