



## Baked Apples

Makes 6 servings

Serving Size: 1 Apple

### Ingredients

6 medium baking apples

½ cup raisins

1 tsp of cinnamon

½ cup 100% Apple Juice

**Equipment:** Measuring cups and spoons, apple corer, melon baller, vegetable peeler, shallow baking dish, bowl & mixing spoon.

### Instructions

1. Preheat oven to 350 degrees.
  2. Wash, dry and core apples (use a melon baller to remove the core, leaving the bottom of the apple in tact)
  3. For adult helper ONLY: Remove a 1 inch strip of peel around the center of each apple. Place apples in a shallow baking dish.
  4. Fill each apple with 1 tablespoon of raisins and pour 2 Tablespoons of Apple Juice over each apple.
  5. Sprinkle 1/8 teaspoon of cinnamon over each apple.
  6. Return apples to the baking dish
  7. Bake uncovered for 30 minutes, or until apples are tender.
- Serve with frozen yogurt or whipped cream



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# Nutrition Facts

Serving Size (215g)  
Servings Per Container

## Amount Per Serving

**Calories 140**      **Calories from Fat 5**

**% Daily Value\***

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 28g	

## Protein 1g

Vitamin A 2%      •      Vitamin C 15%

Calcium 2%      •      Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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