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# Baked Apples with Crisp Topping

Servings: 4

## Ingredients:

- 2 apples
- 1 tsp lemon juice
- 1/4 cup maple syrup
- 2 Tbsp. all purpose flour
- 3 Tbsp. brown sugar
- 3 Tbsp. butter, cold and diced
- ½ cup oats, uncooked
- ¼ tsp cinnamon
- Pinch of salt

## Directions:

1. Preheat oven to 350°F.
2. Cut apples in half and turn cut side up. Cut out each side of the core, creating a rounded hole and making sure to leave a bottom.
3. Place apple halves in a baking dish. Rub the cut sides with lemon juice and fill the centers with maple syrup. Set aside.
4. In a medium bowl, combine flour, sugar, butter, oats, cinnamon, and salt. Mix together and press ¼ on top of each apple, covering the maple syrup.
5. Fill the baking dish with ¼ cup water and bake until tops are golden and apples are tender, about 35 to 40 minutes.

Recipe adapted from: [A foodnetwork.com](https://www.foodnetwork.com) recipe by Sunny Anderson

## Nutrition Facts

4 servings per container

Serving size

Amount per serving

**Calories** **260**

% Daily Value\*

**Total Fat** 10g **13%**

Saturated Fat 6g **30%**

Trans Fat 0g

**Cholesterol** 25mg **8%**

**Sodium** 80mg **3%**

**Total Carbohydrate** 44g **16%**

Dietary Fiber 3g **11%**

Total Sugars 28g

Includes 19g Added Sugars **38%**

**Protein** 2g

Vitamin D 0mcg 0%

Calcium 41mg 4%

Iron 1mg 6%

Potassium 202mg 4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.