

Baked Apple with Cranberries

Ingredients:

1/3 cup dried cranberries, coarsely chopped
 3 tbsp. chopped almonds
 1 tbsp. wheat germ
 1 tbsp. packed brown sugar
 1/2 tsp. cinnamon
 1/8 tsp. nutmeg
 6 small Golden Delicious apples
 1/2 cup apple juice
 1/4 cup water
 2 tbsp. dark honey
 2 tsp. canola oil



Nutrition Facts

Serving Size 1 apple (202g)
Servings Per Container 6

Amount Per Serving

Calories 170 Calories from Fat 30

	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 38g	13%
Dietary Fiber 5g	20%
Sugars 31g	

Protein 1g

Vitamin A 2% • Vitamin C 10%
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



*SOY FREE



*DAIRY FREE



*CONTAINS NUTS

Directions:

1. In a small bowl, toss together the cranberries, almonds, wheat germ, brown sugar, cinnamon and nutmeg until all ingredients have been evenly distributed. Set aside.
2. Working from the stem end, core each apple, stopping 3/4 inch from the bottom.
3. Divide the cranberry mixture evenly among the apples, pressing the mixture gently into each cavity.
4. Arrange the apples upright in a heavy ovenproof frying pan or small baking dish just large enough to hold them. Pour the apple juice and water into the pan. Drizzle the honey and oil evenly over the apples, and cover the pan tightly with foil. Bake until apples are tender when pierced with a knife (50-60 minutes). Transfer the apples to individual plates and drizzle with the pan juices.