

Spiced Baked Apple

Ingredients:

2 medium apples such as Macintosh, Granny Smith, etc.
 1/8 tsp. cinnamon
 1/8 tsp. ground clove
 1 tsp. sugar
 1 cup apple cider



Nutrition Facts

Serving Size 1/2 apple (135g)
 Servings Per Container 4

Amount Per Serving

Calories 70 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 19g **6%**

Dietary Fiber 3g **12%**

Sugars 15g

Protein 0g

Vitamin A 2% • Vitamin C 4%

Calcium 0% • 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



*VEGAN



*GLUTEN-FREE



*SOY FREE

Directions:

1. Preheat oven to 350 degrees.
2. Peel apples, cut in half from stem to bottom, remove stem and core from each half.
3. Sprinkle each half with sugar into which spices have been mixed.
4. Lay cut side down on a parchment lined sheet tray. Bake in hot oven 25-30 minutes until soft.
5. Put remaining 1 cup cider in saucepan and bring to a simmer.
6. Reduce down to 1 tablespoon. Remove apples from oven. Cut into slices and fan out onto plate. Brush with reduced cider to glaze.