

Cinnamon Baked Apples

Ingredients:

5–6 medium apples, cut into chunks 2 tbsp SMART BALANCE light buttery spread, margarine-like spread 2 teaspoon cinnamon

Optional add-ins: Chopped nuts such as walnuts or pecans

4 Servings

Instructions:

- 1. Preheat the oven to 350 degrees.
- 2. Put the chopped apples in a small to medium baking dish.
- 3. Mix the melted SMART BALANCE spread and cinnamon together and then dump it on the apples. Toss well to coat all the apples evenly with the cinnamon mixture.
- 4. Bake in the preheated oven until the apples are soft, about 20-30 minutes. Stir once during the baking time.
- 5. Serve and enjoy!

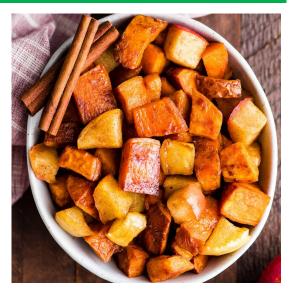


Photo Credit: joyfoodsunshine.com

Nutrition Facts

4 servings per container Serving size

1 cup (281g)

Amount Per Serving



Calories	170
%	Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 45mg	2%
Total Carbohydrate 39g	14%
Dietary Fiber 7g	25%
Total Sugars 28g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.4mg	2%
Potassium 300mg	6%
* The % Daily Value (DV) tells you how n serving of food contributes to a daily diet. is used for general nutrition advice.	