

Baked Apples with Cinnamon Yogurt Topping

4 Granny Smith or Gala apples (with or without skin)
¼ cup unsweetened apple juice or apple cider
¼ cup brown sugar
2 tablespoons cornstarch
½ teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon salt

For the cinnamon yogurt topping:

2 ½ cups low-fat plain yogurt
1 tablespoon honey
¼ teaspoon cinnamon

- Preheat oven to 350° Fahrenheit. Spray an 8x8-inch baking dish with nonstick cooking spray; set aside.
- Core and thinly slice apples. Place apples in a medium bowl and toss with apple juice. Mix brown sugar, cornstarch, cinnamon, nutmeg and salt together in a small bowl. Sprinkle over apples and stir gently until apples are coated.
- Pour apples into prepared baking dish. Bake 40 minutes or until apples are slightly browned at edges and sauce is bubbling.
- For the cinnamon yogurt topping: Line a colander with several paper towels and place over a bowl to catch drips. Pour yogurt into colander and allow to drain, refrigerated, about 30 minutes. Spoon yogurt into a small bowl and stir in honey and cinnamon.
- For each serving, top ¼ of the warm apples with ¼ of the yogurt topping.

Nutritional Analysis

Protein	7g
Carbohydrates	72g
Dietary Fiber	3g

Providing guidance and support to make the "healthy choice the easy choice!"



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