



Heart Smart Baked Apples



INGREDIENTS

- 8 medium apples (Gala, Granny Smith, and Paula Red work well)
- 1/2 cup old-fashioned rolled oats
- 1/4 cup packed brown sugar
- 2 teaspoons ground cinnamon
- 1/4 cup raisins
- 3 tablespoons chopped pecans
- 1 cup water

Nutrition Information: Calories:

181, Total Fat: 4 g,
Saturated Fat: 1 g, Cholesterol: 0 mg,
Sodium: 25 mg, Total Carbohydrate:
35 g, Fiber: 6 g,
Protein: 2 g

DIRECTIONS (Yields 6 servings)

1. Preheat oven to 350 degrees.
2. Core each apple, leaving the bottom intact (if possible) to hold the filling.
3. In a bowl, mix oats, brown sugar, and cinnamon, cut in margarine until combined and stir in raisins and pecans.
4. Stuff each apple with oatmeal filling and place each apple in baking dish containing 1 cup pf water.
5. Bake 30 to 40 minutes until apples are tender.