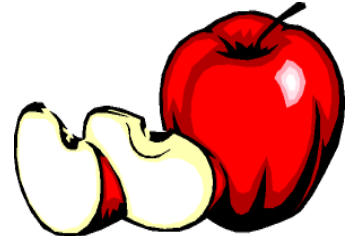


Apples make a great snack!

Nutrition Benefits - Good source of dietary fiber, source of vitamin C and B vitamins

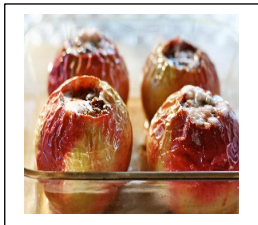
Eat a whole apple, or

- serve sliced apples with peanut butter or slices of low-fat cheese
- dip slices in low-fat yogurt



Try an easy dessert in the microwave.

Baked Stuffed Apples Serves 2



2 medium apples
2 teaspoons brown sugar
2 tablespoons old-fashioned oatmeal
¼ teaspoon cinnamon
Pinch of nutmeg (optional)

2 teaspoons butter or trans-fat free vegetable spread (optional)

Optional extras: Raisins or other dried fruits, chopped walnuts or almonds, peanut butter.

1. Wash the apples and remove the core. To remove the core use a paring knife and create a hole about an inch wide. Leave about a ½ inch of the bottom of the apple.
2. Mix the brown sugar, oatmeal, spices, and any extras in a small bowl. Divide the mixture between the apples and spoon it into the apples, patting it in firmly.
3. Arrange the apples in a microwave safe baking dish (like an 8 x 8 inch Pyrex dish). If desired top each one with a pat of butter. Cover the bowl with a lid or waxed paper.

Microwave on high power for 5-7 minutes or until the apples are soft. The cooking time will depend on the size and type of apple that you use. Remove the apples from the microwave and let them sit for a few minutes before serving.

Recipe adapted from www.thekitchn