

## Baked Apples WITH CARAMEL DRIZZLE

**INSTRUCTIONS:** Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the top with tape or glue and drop it in your recipe box for future inspiration!



**Nutritional Bonus:** Low in calories and high in fiber, apples are also a rich source of flavonoids. Certain types of these plant compounds, such as the proanthocyanidins found in apples, help regulate blood pressure.

**INSTRUCTIONS:**

**ONE:** Preheat oven to 375°F. In a baking dish, place apples cut side up and sprinkle with cinnamon. Fill dish one-quarter-full with water and cover loosely with foil. Bake until softened, about 20 minutes.

**TWO:** Meanwhile, prepare caramel drizzle: In a small saucepan, combine ¼ cup water and Sucanat. Bring to a boil on medium-high; reduce heat to low and simmer until water is reduced and syrupy, 3 to 5 minutes. Remove from heat and stir in butter. Top each apple with caramel drizzle, dividing evenly; serve immediately.

FOLD LINE

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### BAKED APPLES WITH CARAMEL DRIZZLE

Serves 6. Hands-on time: 8 minutes. Total time: 25 minutes.

#### INGREDIENTS:

- 6 apples (such as Granny Smith, Cortland, Northern Spy or Mutsu), peeled, halved and cored
- Pinch ground cinnamon
- ½ cup Sucanat
- 1 tsp organic butter or olive oil buttery spread  
(**TRY:** Earth Balance Natural Buttery Spread with Olive Oil)



#### Nutrients per serving (1 baked apple and 2½ tsp caramel sauce):

Calories: 110, Total Fat: 1 g, Sat. Fat: 0 g, Carbs: 27 g, Fiber: 2 g, Sugars: 23 g, Protein: 0 g, Sodium: 5 mg, Cholesterol: 0 mg

