

## Baked Apples

### Ingredients:

- 2 medium apples
- 2 tablespoons brown sugar
- 1 teaspoon cinnamon

### Equipment:

- Knife
- Cutting board
- Microwave safe dish
- Small bowl

Number of Servings: 2  
 Prep Time: 10 minutes  
 Total time: 10 minutes

### Directions

1. Cut apples down the center and in half again, down the center.
2. Cut out the core in the center of the apple and the seeds. Chop into small pieces, and place in microwave safe dish.
3. In a small bowl, mix brown sugar and cinnamon together. Sprinkle on top of apples.
4. Microwave for 30 seconds until apples are soft.
5. Let cool for 1 minute.

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### Nutrition Facts

Serving Size: 3/4 cup

Servings: 2

Amount Per Serving

Calories 118      Calories from Fat 9

%Daily Value\*

**Total Fat** 1g      1%

Saturated Fat trace g      0%

**Cholesterol** 0mg      0%

**Sodium** 4mg      0%

**Total Carbohydrate** 31g      10%

Dietary Fiber 4g      17%

**Protein** trace g      1%

Vitamin A 2%      Vitamin C 14%

Iron 5%      Calcium 3%

\*Percent Daily Values are based on a 2,000 calorie diet.

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