

Baked Breakfast Apples recipe

Baked apples release natural sugars without adding sweeteners, so they make a healthy breakfast treat.

Ingredients:

- 2 apples, cut into bite-size pieces
- ½ cup apple juice
- 2 tablespoons whole dates
- 1 tablespoon raspberry fruit spread
- ¼ teaspoon cinnamon
- ¼ cup granola, for serving



Directions:

- 1) Preheat oven to 350°F. Combine apples, juice, dates, fruit spread, and cinnamon in a large bowl. Place in a medium baking dish and bake, covered about 20 minutes, until apples are just tender. Sprinkle with granola and serve warm.

Roasted Apple Butter

Making apple butter in the oven, rather than on the stovetop, produces a delectable spread with a distinctive caramelized flavor. This is a healthful alternative to commercial varieties, which usually contain added sugars.

2 cups Active Time: 10 minutes Total Time: 2 1/2 hours

Ingredients:

- 8 medium McIntosh apples, (2 3/4 pounds), peeled, cored and quartered
- 2 cups unsweetened apple juice

Preparation:

1. Preheat oven to 450 degrees fahrenheit. Arrange apples in a large roasting pan. Pour apple juice over the apples. Bake until tender and lightly browned, about 30 minutes. Using a fork or potato masher, thoroughly mash the apples in the roasting pan.
2. Reduce oven temperature to 350 degrees fahrenheit. Bake the apple puree, stirring occasionally, until very thick and deeply browned, 1 1/2 to 1 3/4 hours. Scrape into a bowl and let cool.

Nutrition:

Per tablespoon: 27 Calories; 0 g Fat; 0 g Sat; 0 g Mono' 0 mg Cholesterol' 7 g Carbohydrates' 0 g Protein, 1 g Fiber; 0 mg Sodium; 18 mg Potassium

1/2 Carbohydrate Serving Exchanges: 1/2 fruit

Make Ahead Tip: Store in an airtight container in the refrigerator for up to 2 weeks or freeze for up to 6 months.

