



BAKED APPLES WITH CINNAMON YOGURT TOPPING

Ingredients

For Apples:

- 4 Granny Smith or Gala apples (with or without skin)
- ¼ cup unsweetened apple juice or apple cider
- ¼ cup brown sugar
- 2 tablespoons cornstarch
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon salt

For Cinnamon Yogurt Topping:

- 2½ cups low-fat plain yogurt
- 1 tablespoon honey
- ¼ teaspoon cinnamon

Instructions

Preheat oven to 350 degrees Fahrenheit. Spray an 8-by-8-inch baking dish with nonstick cooking spray; set aside. Core and thinly slice apples. Place apples in a medium bowl and toss with apple juice.

Mix brown sugar, cornstarch, cinnamon, nutmeg and salt together in a small bowl. Sprinkle over apples and stir gently until apples are coated. Pour apples into prepared baking dish. Bake 40 minutes or until apples are slightly browned at edges and sauce is bubbling.

For the cinnamon yogurt topping, line a colander with several paper towels and place over a bowl to catch drips. Pour yogurt into colander and allow to drain, refrigerated, about 30 minutes. Spoon yogurt into a small bowl and stir in honey and cinnamon. For each serving, top one-quarter of the warm apples with one-quarter of the yogurt topping.

Prep Time:	25 min
Cook Time:	40 min
Servings:	4

Nutrition Facts
per serving

Calories: 330