

Microwave Baked Apple

A hot and healthy way to Five A Day!

4 servings

Ingredients:

- 4 large baking apples
- 1/2 cup brown sugar
- 1 teaspoon cinnamon

Directions:

1. Wash apples and remove core.
2. Cut a thin slice off bottom of each apple to form a flat surface. Place apples in a microwave safe baking dish.
3. Mix brown sugar and cinnamon in a small dish. Spoon mixture into center of apples.
4. Cover with wax paper and microwave on high power 6 to 10 minutes or until apples are soft.

Nutrition Facts: One apple provides 180 calories, 0g total fat, 0mg cholesterol, 10mg sodium, 47g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Microwave Baked Apple
Cinnamon Graham Crackers
Low Fat Milk

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