MICROWAVE BAKED APPLES

SERVES 1

INGREDIENTS

1 medium sized apple
1/8 teaspoon orange peel
2 tablespoons honey
1/4 teaspoon cinnamon

DIRECTIONS

1. Core, and if desired, peel apple.
2. Blend honey with orange peel and cinnamon.
3. Fill center of each apple with honey mixture.
4. Cover with plastic wrap and vent.
5. Microwave on high (100%) for about five minutes. Rotate at least once during cooking.
6. Drizzle remaining honey over apples and let stand for about 2 to 3 minutes before serving.

NUTRITION INFORMATION:

Calories: 201
Fat: 0.2 grams (g)
Saturated Fat: 0 grams (g)
Trans Fat: 0 grams (g)
Cholesterol: 0 milligrams (mg)
Carbohydrates: 54.2 grams (g)
Dietary Fiber: 3.7 grams (g)
Protein: 0.5 grams (g)
Sodium: 3 milligrams (mg)
Vitamin A: 2%
Calcium: 2%
Vitamin C: 12%
Iron: 3%

FOR MORE INFORMATION ABOUT SNAP-ED, VISIT OUR WEBSITE AT www.extension.umn.edu/nutrition (Revised 9/14)