



Cinnamon Baked Goldens

Serve alone or with vanilla frozen yogurt and a sprinkle of lowfat granola.

Makes 4 servings. 1 apple per serving.

Prep time: 10 minutes **Cook time:** 10 minutes

Ingredients

4 large golden delicious apples, cored	1 tablespoon lemon juice
¼ cup raisins	1 teaspoon grated lemon peel
½ cup 100% apple juice	½ teaspoon ground cinnamon
2 tablespoons brown sugar	⅓ teaspoon nutmeg

Preparation

1. Place apples in a microwave safe baking dish.
2. Fill each apple with an equal amount of raisins.
3. Combine all remaining ingredients in a small bowl and pour over apples. Cover with plastic wrap and microwave on high for 5 minutes or until apples are tender.
4. Carefully remove apples from dish with a slotted spoon and set aside.
5. Place baking dish back in the microwave and cook on high, uncovered, for 3 to 5 minutes more or until mixture has thickened to a glaze. Drizzle over apples and serve while hot.

Nutrition information per serving: Calories 156, Carbohydrate 41 g,
Dietary Fiber 3 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 5 mg