



Cinnamon Oat Baked Apples

Serves 8

Ingredients:

- 1/2 cup old-fashioned oats
- 1/4 cup chopped pecans or walnuts (optional)
- 2 ½ teaspoons ground cinnamon
- 4 medium apples, choose your favorite, (should be crisp and firm)
- 3 Tablespoons light brown sugar
- 2 Tablespoons Greek vanilla yogurt
- 1 Tablespoon unsalted butter, melted
- 1/4 cup water
- Reduced Fat whipped cream, cool whip, frozen yogurt, or low carb ice cream (optional)

Preparation:

1. Preheat the oven to 350°F.
2. In a small bowl, stir together oats, a ½ teaspoon of cinnamon, and nuts. Spread into an even layer on a baking sheet. Bake 4 to 6 minutes, or until golden and toasted. Remove and set aside. Reduce oven temperature to 325°F.
3. Rinse and core the apples, only ¾ of the way through, leaving the bottom of the apple intact. You can use an apple corer or a paring knife.
4. In a medium bowl, whisk together the oat mixture with brown sugar, yogurt, melted butter, and remaining 2 teaspoons cinnamon. Spoon the mixture into each apple. Place apples in an 8x8-inch baking dish. Pour water in the bottom of dish.
5. Bake 30 to 40 minutes, or until tender but not mushy. Top with your choice of yogurt, whipped cream or ice cream and serve.

Nutrition Facts

Serving Size 1/2 apple

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Amount Per Serving	
Calories	142
% Daily Value*	
Total Fat 5.5g	7%
Saturated Fat 2.4g	
Polyunsaturated Fat 0.9g	
Monounsaturated Fat 2g	0%
Cholesterol 4.6mg	2%
Sodium 10.7mg	0%
Total Carbohydrate 22.8g	8%
Dietary Fiber 3.4g	12%
Sugars 15.3g	
Protein 1.9g	4%
• Vitamin A 2%	
• Vitamin C 5%	
• Calcium 3%	
• Iron 3%	
• Vitamin D 0%	
• Magnesium 4%	
• Potassium 4%	
• Zinc 2%	
• Phosphorus 4%	
• Folic Acid (B9) 1%	

Healthy Chesapeake


667 Kingsborough Square, Suite 102 • Chesapeake, VA 23320

info@healthychesapeake.org • (757) 690-8970

www.healthychesapeake.org

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