

COOKING WITH KIDS

MICROWAVE BAKED APPLES

- **4 large, baking apples**
- **½ cup brown sugar**
- **1 teaspoon cinnamon**

- 1.** Wash apples, and remove core.
- 2.** Cut a thin slice off the 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 waxed paper and microwave on high for 6 to 10 minutes or until apples are soft.

Nutrition Facts per serving: 220 calories, 0 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 15 mg sodium, 57 g carbohydrate, 5 g dietary fiber, 49 g sugars, 1 g protein

Yield: 4 servings

SOURCE: USDA RECIPE FINDER

