

Apples with Almond-Apricot Sauce

INGREDIENTS

- Cooking spray
- 2 Tbsp water
- 2 large apples (about 8 oz each), halved and cored
- ¼ cup chopped almonds
- 2 Tbsp firmly packed dark brown sugar
- 2 Tbsp chopped dried apricots
- ¼ tsp ground ginger
- OR ¼ tsp ground allspice
- ½ tsp ground cinnamon
- ½ tsp vanilla extract
- 1 Tbsp + 1 tsp light tub margarine



Recipe courtesy of American Heart Association

DIRECTIONS

1. Lightly spray the slow cooker with cooking spray. Pour in the water. Add the apple halves with the cut side up.
2. In a small bowl, stir together the remaining ingredients except the margarine. Spoon onto each apple half. Top each with 1 teaspoon margarine. Cook, covered, on low for 2 to 2 ½ hours or on high for 1 hour to 1 hour 15 minutes, or until just tender. Be careful not to overcook; the apples will continue to cook while cooling.
3. Carefully transfer the apples to plates, leaving the sauce in the slow cooker. Stir the sauce. Spoon over the apples. Let cool about 30 minutes. Sauce will thicken while cooling.