

RECIPE: Baked Cinnamon Apples

INGREDIENTS

- 4 medium Granny Smith apples
- 1 Tbsp cinnamon
- 1 tsp nutmeg
- 2 Tbsp Splenda® or Stevia®
- Water

DIRECTIONS

1. Heat oven to 350 degrees.
2. Slice apples into thin slices and place in a 9×9 baking dish or pie dish.
3. Sprinkle with cinnamon, nutmeg, and Splenda or Stevia. Mix so that all apples are coated. Place a small amount of water in the dish (about 1/4 inch).
4. Bake apples uncovered for 30 minutes, or until apples are soft and break apart easily.



Courtesy of the Cleveland Clinic