

RECIPE

Baked Apple

🕒 45 minutes / 1 serving

DON'T GO INTO HALLOWEEND, without a plan! Trick or TREAT yourself to this indulgent dessert so you can satisfy your sweet tooth without going overboard on candy.

INGREDIENTS

- 1 small apple
- 1 tbsp chopped walnuts
- 2 tsp honey
- $\frac{1}{4}$ tsp cinnamon
- $\frac{1}{2}$ tsp butter
- $\frac{1}{2}$ cup water
- 2 tbsp plain coconut or Greek yogurt



INSTRUCTIONS

- 1 CORE** 1 small apple and stuff it with 1 tbsp chopped walnuts, 2 tsp honey, $\frac{1}{4}$ tsp cinnamon, and $\frac{1}{2}$ tsp butter.
- 2 STAND** it in $\frac{1}{2}$ cup water and roast at 375F for 40-45 minutes.
- 3 TOP** with 2 tbsp plain coconut or Greek yogurt and serve warm.

NUTRITIONAL INFO PER SERVING

CALORIES

225

PROTEIN

4 g

FIBER

5 g