



# ***Classic Baked Apples***

Recipe Courtesy Chef Bryan Woolley

6 medium baking apples  
1/4 cup brown sugar  
1 teaspoon cinnamon  
1/4 cup chopped pecans  
1/4 cup chopped golden raisins  
1/2 cup old fashioned oats  
1 Tbsp butter

1. Preheat oven to 350 degrees.
2. Wash apples. Remove cores to 1/2 inch of the bottom of the apples. Make the holes about 3/4-inch to an inch wide.
3. In a small bowl, combine the sugar, cinnamon, raisins, oats, and pecans.
4. Place apples in an 8-inch-by-8-inch square baking pan.
5. Stuff each apple with sugar mixture.
6. Top each apple with a dot of butter.
7. Add about 3/4 cup water to the baking pan and bake 30-40 minutes, until tender, but not mushy.
8. Remove from the oven and baste the apples several times with the pan juices.

Makes 6 servings

## **Nutrition Facts**

Serving Size: 1 apple

Calories	230
Total Fat	6g
Saturated Fat	1.5g
Cholesterol	5mg
Sodium	20mg
Carbohydrate	44g
Dietary Fiber	6g
Sugars	32g
Protein	2g

## **Diabetic Exchanges**

Protein	.5
Fat	1
Carbohydrate	3