

Cinnamon Baked Apples

Ingredients:

5–6 medium apples, cut into chunks
2 tbsp SMART BALANCE light buttery spread, margarine-like spread
2 teaspoon cinnamon

Optional add-ins:

Chopped nuts such as walnuts or pecans



Photo Credit: joyfoodsunshine.com

4 Servings

Instructions:

1. Preheat the oven to 350 degrees.
2. Put the chopped apples in a small to medium baking dish.
3. Mix the melted SMART BALANCE spread and cinnamon together and then dump it on the apples. Toss well to coat all the apples evenly with the cinnamon mixture.
4. Bake in the preheated oven until the apples are soft, about 20-30 minutes. Stir once during the baking time.
5. Serve and enjoy!

Nutrition Facts

4 servings per container
Serving size 1 cup (281g)

Amount Per Serving
Calories 170

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 39g **14%**

Dietary Fiber 7g **25%**

Total Sugars 28g

Includes 0g Added Sugars **0%**

Protein 1g

Vitamin D 0mcg **0%**

Calcium 30mg **2%**

Iron 0.4mg **2%**

Potassium 300mg **6%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.