

RECIPES



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Women



Baked Apples with Cherries and Almonds

Serving size: 1 Apple

Ingredients:

1/3 cup dried cherries, chopped
3 tablespoons almonds, chopped
1 tablespoon brown sugar, firmly packed
1/2 teaspoon cinnamon
1/8 teaspoon nutmeg
6 small Gala apples
1/2 cup apple juice
1/4 cup water
2 tablespoons honey
2 teaspoons coconut oil

Directions: Preheat the oven to 350 F.

In a small bowl, toss together the cherries, almonds, brown sugar, cinnamon and nutmeg until all the ingredients are evenly distributed. Set aside.

The apples can be left unpeeled, halve apples and scoop out cores. Halve again and place apples close together (flesh side up) in an 8 x 8-inch baking dish in one layer. Sprinkle cherries and almonds mixture evenly over apples. Mix juice, water, and oil, then pour mixture over the apples. Cover the pan with aluminum foil. Bake until the apples are tender when pierced with a knife, 50 to 60 minutes.

Drizzle the honey and pan juices over the apple and serve warm.

Nutrition information per serving:

200 calories | 39 g carbohydrates | 13 g protein | 4 g Monounsaturated fat
5 g Dietary fiber | 0 mg cholesterol | 7 mg sodium | 679 mg potassium | 8 g fiber
39 g sugar | 195 mg calcium | 2 mg iron | 2 g Protein.