

Baked Apples and Oats

Ingredients

- 4 medium apples (Braeburn, Gala, or Fuji)
- 1 tsp lemon juice
- 1 tbsp flour
- 2 tsp cinnamon
- 1/4 tsp nutmeg
- 1 cup old fashion oats
- 1/4 cup slivered almonds
- 1/2 cup plain Greek yogurt
- 1 tbsp honey
- 2 tbsp peanut butter

Directions

1. Preheat oven to 425oF.
2. Core and slice the apples, do not peel. Place in a square baking dish and sprinkle lemon juice on top to decrease browning.
3. In a small bowl, combine flour, cinnamon, and nutmeg. Pour apples, mix to coat apples evenly. Place in oven and bake for 15 minutes.
4. Heat small skillet over medium heat, add in oats and almonds to toast. Stir frequently for 4-5 minutes until golden brown. Remove from heat, set aside.
5. In a small bowl, mix together yogurt, honey, and peanut butter. Set aside.
6. Spoon apples into serving dishes, top with oats and almonds. Stir yogurt mixture and then place a dollop on the top of each dish.

Handling & Storage

Apples should feel firm to the touch and be free of bruises.

Place apples in a plastic bag and refrigerate in the crisper for up to a month.

Do not peel or slice an apple until ready to use or it will begin to brown. Dip slices into lemon juice to slow down the browning process.

Nutritional Information

Calories: 276

Total Fat: 8.1 g

Saturated Fat: 1.1 g

Trans Fat: 0.0 g

Cholesterol: 1 mg

Sodium: 53 mg

Total Carbohydrates: 47.9 g

Dietary Fiber: 8.1 g

Sugars: 29.4 g

Protein: 8.4 g

Serves: 4