

Baked Breakfast Apples

Printed from Apple Recipes at <http://www.applerecipes.us/>

Baked apples release natural sugars without adding sweeteners, so they make a healthy breakfast treat.

Ingredients:

2 apples, cut into bite-size pieces
½ cup apple juice
2 tablespoons whole dates
1 tablespoon raspberry fruit spread
¼ teaspoon cinnamon
¼ cup granola, for serving

Directions:

1) Preheat oven to 350°F. Combine apples, juice, dates, fruit spread, and cinnamon in a large bowl. Place in a medium baking dish and bake, covered about 20 minutes, until apples are just tender. Sprinkle with granola and serve warm.