

Mom's Baked Apple Slices

Prep time: 10 minutes

Cook time: 5 minutes

Serving Size: 1-2 servings



Ingredients:

- 4 cups of peeled, sliced apples – use apples that cook up well (Fuji or Jonagold)
- 3 Tbsp sugar
- A sprinkle of cinnamon
- 1 Tbsp maple syrup

Directions:

1. As you slice up the apples, check for their flavor. If they don't taste good raw, believe me, they aren't going to taste good cooked.
2. Put apple slices in a glass bowl. Sprinkle with 3 Tbsp. sugar. Add a light sprinkle of cinnamon.
3. Bake in the microwave for 5 minutes on high (adjust time for the amount of apples, adding or reducing cooking time as needed).
4. When done, remove and mix so the sugar coats all the apple pieces. Add maple syrup to taste (about 1 tbsp).

****Tip:** Apples are a great snack to keep you going all day. They provide complex carbohydrates that give your body a longer energy boost compared to high-sugar snacks. One apple provides 1/5 of the recommended daily intake of fiber and is completely fat free! Apples are loaded with antioxidants and pectin (a soluble fiber that aids in digestion) that help reduce cancer and heart disease. Apples also provide minerals that help harden and strengthen bones which can help prevent osteoporosis. Most of the important nutrition benefits is provided in the peel –so eat the peel as much as possible and buy organic as much as you can to avoid any pesticides.

Nutrition Facts (per serving):

Calories: 200

Total Fat: 0g

Cholesterol: 0mg

Sodium: 1mg

Total Carbohydrate: 35g

Fiber: 2g

Sugar: 46g

Protein: 0g

Attributed to Elise Baur at simplyrecipes.com; Modified by Emily Madden, 2013 Dietetic Student