

Baked Apple

*Servings per recipe: 1
Each serving counts as 1 fruit*

Ingredients

- 1 apple
- cinnamon
- ground cloves
- ground nutmeg
- water

Directions

1. Preheat oven to 350.
2. Core apple leaving about 1" in bottom. Do NOT core all the way through.
3. Place apple in baking dish.
4. Fill apple with 1/4 t cinnamon, 1/8 t ground cloves, dash nutmeg, and 2 t water (water should almost reach top of apple - adjust as needed).
5. Pour 1/2 c water, 1/2 t cinnamon, 1/4 t ground cloves, and 1/2 t nutmeg around apple in the baking dish.
6. Bake for 45 minutes to 1 hour and serve immediately.

