

03/22



# Not Your Everyday Apples



## Ingredients

- 3 medium **apples** (3" diameter)
- ½ cup **raisins**
- 2 teaspoons soft **butter** or **margarine**
- 2 teaspoons **brown sugar**
- ¼ teaspoon **cinnamon**

## Directions

1. Preheat oven to 400 degrees.
2. Wash the apples and chop into small pieces.
3. Mix apples with raisins, butter or margarine, sugar and cinnamon.
4. Place the mixture in a baking dish and cover loosely with foil. Bake for about 20 minutes.
5. Cool slightly and enjoy!
6. Refrigerate leftovers within 2 hours.

## Notes

- Try serving this recipe with vanilla yogurt!

*For tasty, healthy recipes that fit your budget, visit [www.FoodHero.org](http://www.FoodHero.org)!*

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**Makes:** 3 cups  
**Prep time:** 10 minutes  
**Cooking time:** 20 minutes

## Nutrition Facts

Serving Size 3/4 cup (134g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 140</b>	Calories from Fat 20
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
<b>Saturated Fat 1.5g</b>	<b>8%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 15mg</b>	<b>1%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
<b>Dietary Fiber 3g</b>	<b>12%</b>
<b>Sugars 24g</b>	
<b>Protein 1g</b>	
Vitamin A 2%	Vitamin C 10%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 85g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	