

Crock-Pot Baked Apples

- 1/4 cup brown sugar
- 1/4 cup walnuts, chopped
- 2 tablespoons trans-fat free margarine or butter
- 1 teaspoon cinnamon
- 6 Gala or Macintosh apples, cored
- 1/2 cup apple juice or apple cider
- 2 tablespoons orange liqueur (optional)

Prep Time: 15 minutes
Cook Time: 2 hours, 30 minutes



Instructions

Mix brown sugar, walnuts, margarine or butter, and cinnamon in a large bowl.

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use pecans or prunes, or

granola! Or use ¼ cup of rolled quick oats moistened with a tablespoon of water before stuffing the apples.

Substitution: If you don't want to use walnuts, you could go nut-free by substituting with ¼ cup chopped raisins, granola! Or use ¼ cup of rolled quick oats moistened with a tablespoon of water before stuffing the apples.

Core the apples most of the way through using an apple corer, a grapefruit spoon that has the sharp edges, a melon baller or small pairing knife. Leave about ½ inch apple left at the bottom. You could remove the skin but it helps to hold the apple together as it bakes - it also adds extra fiber which is always a plus.

Fill the apples with the filling and place them in the crock-pot.

Pour the apple juice or cider (and the liquor, if using) into the crock-pot, around the apples. Substitution: If you don't have apple juice or cider, you can use apple lime juice or apple vinegar (diluted with water and a little sugar).

Set the crock-pot on high heat and cook 2½ to 3 hours until the apples are soft and begin to collapse.

You can refrigerate these for up to 3 days, but store them in an air-tight container so they don't pick up odors from the fridge. They reheat well in a microwave and also taste delish with a scoop of low-fat frozen vanilla yogurt.

If you don't have a crockpot, you can use a 7x11 casserole dish or stock pot. Preheat the oven to 350F and cover the pan with aluminum foil. They'll take about 45 minutes to one hour. A glass baking dish is also an option, just be sure to lower the heat slightly 5-10 degrees since glass can cause food to burn. If you're making this recipe for a large crowd, you could do these in the oven in a large disposable roasting pan and just double the recipe.

Nutritional Stats Per Serving (1 apple): 214 calories, 1 g protein, 34g carbohydrates, 7 g fat (1 g saturated), 0 mg cholesterol, 2g fiber, 50 mg sodium. Adapted from <http://skinnychef.com/recipes/baked-apples>