

# Healthy Apple Recipes

## Microwave Baked Apples

Servings: 5, Serving Size: ½ cup

### Ingredients:

- 3 medium apples
- ¼ cup sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 3 tablespoons raisins
- ¾ cup orange juice

### Directions:

1. Wash apples under cold running water.
2. Peel and core apples.
3. Cut apples into slices and place in a microwave-safe bowl.
4. Sprinkle apples with sugar, cinnamon, nutmeg, and raisins.
5. Pour orange juice over the top of apples.
6. Cover bowl and microwave on high for 3 to 5 minutes.
7. Test with a fork. If fork goes through apple easily, they are done.



## Apple Sandwiches

Servings: 3-4

### Ingredients:

- 1 apple
  - 1 tablespoon peanut butter, low-fat cream cheese, or hummus
- Optional additions: cinnamon, grated carrot, chopped nuts, seeds or granola, dried fruit pieces, such as cherries or cranberries. Try strawberry preserves for a gluten-free option!

### Directions:

1. Cut apple in half from the stem down and lay each half cut-side down on a cutting board. Slice each half into 6 half-round slices and cut out the core.
2. Spread half of the apple rounds with peanut butter, cream cheese, or hummus.
3. Add preferred additions. Top with another apple slice. Squeeze gently.
4. Refrigerate leftovers within 2 hours

### Notes:

- Try other nut or seed butters, such as almond, hazelnut or sunflower seed.

## Peanut Butter Yogurt Dip

Servings: 6, Serving Size: 2 tablespoons

### Ingredients:

- ½ cup nonfat plain Greek yogurt
- ¼ cup peanut butter
- ¾ teaspoon cinnamon (optional)

### Directions:

1. In a small bowl, mix together yogurt and peanut butter. Add cinnamon, if desired.
2. Serve with slices of apples.

### Notes:

Swap out peanut butter for sunflower seed butter or soy nut butter.