Healthy Apple Recipes

Microwave Baked Apples

Servings: 5, Serving Size: ½ cup

Ingredients:

3 medium apples

¼ cup sugar

½ teaspoon ground cinnamon

1/4 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.

Peanut Butter Yogurt Dip

Servings: 6, Serving Size: 2 tablespoons

Ingredients:

½ cup nonfat plain Greek yogurt

¼ cup peanut butter

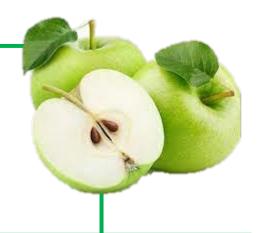
¾ teaspoon cinnamon (optional

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.



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.

