



3-A-Day™ of Dairy

BAKED APPLES WITH CINNAMON YOGURT TOPPING

Recipe created by Chef Michael Bussinger of San Francisco on behalf of 3-A-Day™ of Dairy

Makes 4 servings

Prep time: 25 minutes

Cook time: 40 minutes

Ingredients:

- 4 Granny Smith or Gala apples (with or without skin)
- ¼ cup unsweetened apple juice or apple cider
- ¼ cup brown sugar
- 2 tablespoons cornstarch
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon salt

For the cinnamon yogurt topping:

- 2 ½ cups low-fat plain yogurt
- 1 tablespoon honey
- ¼ teaspoon cinnamon

Preheat oven to 350° F. Spray an 8x8-inch baking dish with nonstick cooking spray; set aside.

Core and thinly slice apples. Place apples in a medium bowl and toss with apple juice. Mix brown sugar, cornstarch, cinnamon, nutmeg and salt together in a small bowl. Sprinkle over apples and stir gently until apples are coated.

Pour apples into prepared baking dish. Bake 40 minutes or until apples are slightly browned at edges and sauce is bubbling.

For the cinnamon yogurt topping: Line a colander with several paper towels and place over a bowl to catch drips. Pour yogurt into colander and allow to drain, refrigerated, about 30 minutes. Spoon yogurt into a small bowl and stir in honey and cinnamon.

For each serving, top ¼ of the warm apples with ¼ of the yogurt topping.

Nutritional Facts per serving:

Calories	330
Total Fat	2 g
Saturated Fat	1.5 g
Cholesterol	15 mg
Sodium	270 mg
Calcium	30% Daily Value
Protein	7 g
Carbohydrates	72 g
Dietary Fiber	3 g