

Spiced Apples



Ingredients

4	Apples, peeled, cored, sliced
½ c.	Orange juice
1 tsp.	Cinnamon
½ tsp.	Nutmeg, optional
¼ tsp.	Cloves, optional

Directions

Preheat oven to 350 F
 In a medium bowl combine orange juice and spices.
 Arrange sliced apples in a small baking dish.
 Pour orange juice mixture on top of apples.
 Cover baking dish with foil.
 Bake for 35-40 mins. or until apples are tender.
 Serve hot or cold.

Prep Time: 15 mins.

Bake Time: 35-40 mins.

Makes: 6 - ½ c. servings

Tender & tangy apples with a wonderful spiced flavor. Serve hot with ice cream for a delightful dessert or with oatmeal for a hearty breakfast. They can also be served cold, by themselves, or with yogurt or cottage cheese.

Nutrition Facts

6 servings per container	
Serving size	1/2 c.
Amount Per Serving	
Calories	70
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 18g	7%
Dietary Fiber 3g	11%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 0g	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tip: Place all ingredients in a crockpot; cook until apples are tender.

*Great source of
Vitamin C!*



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