



Healthy Recipe



BAKED STUFFED APPLES

4	large RI-grown apples, preferably Cortland or McIntosh	1 tsp	brown sugar
1/2 cup	oats	1/2 tbsp	cinnamon
2 tbsp	dried cherries, raisins or cranberries	1 tbsp	orange juice
		1 tbsp	water

1. Preheat oven to 375°.
2. Wash apples. Prepare for stuffing by cutting in half horizontally (stem on one side, blossom on the other). Remove core with a melon-baller, creating a cavity for stuffing. Be careful on the stem side to scoop wide and shallow.
3. Combine oats, dried fruit, brown sugar and cinnamon in the bowl of a food processor. Pulse a few times to coarsely chop.
4. Fill cavity in apple with 1 tablespoon of mixture.
5. Place apples in a baking dish or pie pan; pour water and orange juice in the bottom of pan. Bake for 30 minutes, or until apples are tender.

Serving Suggestion: Top warm baked apples with a dollop of vanilla yogurt.

Nutritional Information

Per serving (8 servings in recipe):

Calories:	80	Vitamin A:	4%
Cal from Fat:	0	Vitamin C:	15%
Total Fat:	0 g	Calcium:	0%
Saturated Fat:	0 g	Iron:	2%
Cholesterol:	0 mg		
Sodium:	0 mg		
Carbohydrates:	21 g		
Fiber:	3 g		
Sugar:	15 g		
Protein:	0 g		

Percent Daily Values are based on a
2000 calorie-per-day diet

**GET FRESH.
BUY LOCAL.**

Your purchase of
RI grown and raised foods

SUPPORTS

the local economy,

HELPS

to preserve open space

and **CONTRIBUTES**

to a

sustainable food system.

Please visit us at

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