

## Apples Baked with Love (...and cinnamon) ❤️



### Ingredients (for 4 servings):

- 4 medium apples (like Gala, Fuji, or Honeycrisp)
- 1-2 teaspoon ground cinnamon (or more if you want)

### Directions:

1. **Preheat** the oven to 375°F.
2. **Wash** the apples.
3. **Cut** the apples into bite-sized pieces or into wedges (ask an adult to help). (You can leave the skin on or peel off before cutting)
4. **Remove** the cores and seeds.
5. **Place** the apples in a baking dish.
6. **Bake** for 25–30 minutes, or until the apples are soft (take out and stir the apples half way through, place back in the oven)
7. **Let cool** for a few minutes. Then enjoy!

This sweet treat's **super power: Cinnamon**

- A powerful **antioxidant**
- $\frac{3}{4}$  teaspoon a day has been shown to **reduce blood sugar**,

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**Serving Size:** ~1/2 cup, but feel free to enjoy more 😊

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### Nutrition Facts (per apple):

- Calories: 95
  - Carbohydrates: 25g
  - **Fiber: 4g**
  - Sugars: 19g (natural sugar from the apple)
  - Fat: 0g
  - Protein: 0g
  - **Vitamin C** – 8% of daily value
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### Cost Estimate (for 4 servings):

- Apples: \$2.00 (about \$0.50 each)
  - Cinnamon: \$0.10 (small amount used)
- Total: ~\$2.10**  
**Cost per serving: ~\$0.53**
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**Additional toppings to try: raisins, oats, or a dollop of yogurt!**