



Baked Apples

PREP TIME:
15 minutes

COOK TIME:
30 minutes

SERVINGS:
4 Servings

Ingredients

- 3-4 cups apple cubes
- 1 tablespoon olive oil or vegetable oil
- 1/2 teaspoon ground cinnamon
- 1 tablespoon honey
- 1/2 teaspoon salt

Directions

1. Preheat oven to 425 degrees F.
2. Peel apples and cut into bite sized pieces.
3. Add oil, cinnamon, honey and salt together with apples in a bowl and mix.
4. Spread the mixture on metal baking pan.
5. Bake in a 425 degree F. oven for 20-30 minutes.

Recipe Adapted from: Maine Snap-Ed