

# Recipe for

## BAKED CINNAMON APPLE DESSERT

EQUIPMENT NEEDED Baking dish, cutting board, knife, and  
measuring spoons.

SERVES 2 ESTIMATED COST \$2.00 COST PER SERVING \$1.00

### INGREDIENTS

- 2 medium-sized apples
- 1 tbsp honey or maple syrup
- 1 tsp ground cinnamon
- *Optional toppings:* Greek yogurt, chopped nuts/seeds, peanut butter

### METHOD OF PREPARATION

1. Preheat the oven to 375°F.
2. Wash the apples and slice, removing the core.
3. Place the apples in a baking dish.
4. Drizzle honey or maple syrup over the top of each apple.
5. Sprinkle cinnamon evenly over the apples.
6. Bake for 25-30 minutes, or until the apples are tender and the skin is slightly wrinkled.
7. Serve warm and enjoy!

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### NUTRITION INFORMATION

Baked Cinnamon Apple Dessert		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
<b>Calories</b>	<b>130.1</b>	
	% Daily Value*	
<b>Total Fat</b>	0.3 g	0 %
Saturated Fat	0.1 g	0 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	2.4 mg	0 %
<b>Total Carbohydrate</b>	34.9 g	13 %
Dietary Fiber	5.1 g	18 %
Total Sugars	27.6 g	
Added Sugars	8.7 g	17 %
<b>Protein</b>	0.6 g	
Vitamin D	0 mcg	0 %
Calcium	24.6 mg	2 %
Iron	0.4 mg	2 %
Potassium	205.9 mg	4 %

\* 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.

Full info at [cronometer.com](https://cronometer.com) </>

### HEALTH BENEFITS

**Apples** are a good source of fiber, vitamins, and antioxidants, which may help reduce the risk of chronic diseases such as heart disease and type 2 diabetes. They also contain polyphenols which support the immune system through their anti-inflammatory and anti-viral effects.



### HEALTH BENEFITS

**Cinnamon** is high in antioxidants and anti-inflammatory compounds, which may help reduce the risk of chronic diseases. It can also regulate blood sugar which promotes healthy energy, mood, and weight management.

#### References:

1. Recipe provided by Gabrielle La Chapelle

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