

Baked Apples in Vanilla Sauce



Let fruit be the star in this warm, satisfying dessert or brunch dish. Try the yogurt-enriched vanilla sauce over seasonal fresh fruits, too.

Baked Apples:

- 4 medium baking apples* (2 pounds)
- 2 teaspoons lemon juice
- $\frac{2}{3}$ cup apple juice
- $\frac{1}{2}$ cup granola without raisins (lowfat or regular)
- 3 tablespoons chopped dried cranberries or cherries
- 1 tablespoon packed brown sugar
- 1 tablespoon butter, melted
- $\frac{1}{2}$ teaspoon ground cinnamon

Vanilla Sauce:

- 1 package (3-ounce) cook-and-serve vanilla pudding mix
- 1 $\frac{1}{2}$ cups fat free or lowfat milk
- 1 cup fat free plain yogurt
- $\frac{3}{4}$ teaspoon finely grated orange zest (orange part of peel only) (optional)

Preheat oven to 350°.

1. Cut $\frac{3}{4}$ -inch slice from top of each apple to make flat top. Cut small slice from bottom of apples so apples stand upright. With vegetable peeler, remove about 1 inch of skin around top of each apple. Remove core from each apple to within $\frac{1}{2}$ -inch of bottom (use melon ball tool, grapefruit spoon, or small paring knife). Brush cut part of apples with lemon juice. Place apples in small shallow baking dish. Pour apple juice in bottom of dish.
2. In medium bowl, combine granola (crush if clusters are large) cranberries, brown sugar, butter, and cinnamon. Spoon into cavity and on top of each apple, dividing evenly. Bake apples until tender, 40 to 45 minutes, covering loosely with foil after 20 to 30 minutes to prevent over-browning. While apples bake, prepare sauce.
3. To make sauce, cook pudding as package directs using 1 $\frac{1}{2}$ cups milk. Spoon into medium bowl. Cool to lukewarm, about 15 minutes, stirring occasionally. Whisk in yogurt and orange zest. To serve, spoon vanilla sauce into 4 shallow bowls. Place apples on sauce. Pour juices from baking pan over apples.

*Such as Jonagold, Golden Delicious, or Rome Beauty

Prep time: 30 minutes • Cook time: 45 minutes • Makes: 4 servings

Tester's Comment:

"The kids had fun in the kitchen making the granola mixture and stuffing it into the apples."

Nutrients per serving:

Calories	374
Protein	8 g
Total Fat	4 g
(Saturated Fat)	2 g)
Carbohydrate	81 g
Calcium	213 mg
Cholesterol	10 mg
Fiber	5 g
Sodium	307 mg