

ALL-AROUND APPLE TOPPING

Gluten Free, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 8 (Serving = 1/8th of dish)

Nutrition (per serving)

Calories: 85

Total Fat: 0 g

Saturated Fat: 0 g

Sodium: 0 mg

Total Carbohydrate: 21 g

Dietary Fiber: 2 g

Total Sugars: 18 g

Protein: 1 g



Ingredients

- 6 medium Gala apples, peeled and sliced (or apple of choice)
- 2 Tablespoons + 2 teaspoons Splenda® Brown Sugar Blend

- 1/4 teaspoon cinnamon
- 1/2 cup orange juice



Directions

1. Prepare an 8x8 inch glass baking dish by coating with cooking spray. Set aside.
2. In a large bowl, combine apples, sugar and cinnamon until coated evenly.
3. Place apple mixture in baking dish.
4. Pour orange juice over apples.
5. Microwave uncovered on high for 14-16 minutes, pending tenderness of apples desired.