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DIET CENTER

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BAKED MAPLE APPLES

Basic Lifestyle

Ingredients

4 medium apples (Rome, Beauty or Imperial)
2 TSP margarine (divided 4 ways)
1/2 cup Vermont or Maple Grove sugar-free maple-flavored syrup (divided 4 ways)*
1/4 TSP ground cinnamon

Instructions

1. Preheat oven to 375°.
2. Core the apples. Peel 1" strip of skin from around the middle of each apple, or peel upper half of each apple to prevent splitting.
3. Place apples upright in an ungreased 8 x 8 x 2 baking dish.
4. Place 1/2 TSP of margarine and 2 TBS of syrup in the center of each apple.*
5. Pour water into baking pan until 1/4" deep.
6. Bake uncovered, spooning syrup in dish over the apples several times (approximately 30-40 times) until the apples are tender when pierced with a fork.

Portion-Per-Serving Information (Yields 4 servings): Serving = 1 FR

*Note: Another option to the sugar-free syrup is a sugar-free, fat-free, color-free diet soda such as Diet Sprite or Diet Ginger Ale.