

## Maple Baked Apples

Snowed Inn | December 2007/January 2008



PREP: 20 MINUTES BAKE: 40 MINUTES OVEN: 350°

- 1 CUP MAPLE SYRUP
- 1 CUP RAISINS
- $\frac{2}{3}$  CUP CHOPPED WALNUTS OR PECANS
- 1 TSP. GROUND CINNAMON
- 12 SMALL OR MEDIUM CRISP APPLES, SUCH AS ROME BEAUTY OR BRAEBURN (ABOUT 3 LB.)
- 2 TBSP. BUTTER
- 1 $\frac{1}{2}$  CUPS APPLE CIDER
- 12 THIN CINNAMON STICKS (OPTIONAL)
- SWEETENED WHIPPED CREAM (OPTIONAL)

For stuffing, in a small bowl combine maple syrup, raisins, walnuts, and ground cinnamon; set aside.

Core apples using a melon baller, leaving the bottom intact. Fill apples with stuffing. Place apples, filled side up, in a 3-quart baking dish (13×9-inch pan) or 2 smaller baking dishes. Place a small piece of butter atop each apple. Pour cider around apples in dish. Bake, uncovered, in a 350° oven for 40 to 45 minutes or until apples are tender. Place a cinnamon stick into filling in each apple, if desired. Transfer to serving bowls; spoon juice from baking dish over apples. Serve warm with whipped cream, if desired. Makes 12 servings.

Per serving: 232 cal., 6 fat (2 g sat. fat), 5 mg chol., 19 mg sodium, 43 g carbo., 3 g fiber, 4 g pro.