

# Slow – Cooker Baked Apples



## Ingredients:

- ¼ cup chopped pecans
- 3 Tbsp dried cranberries
- 3 Tbsp brown sugar
- ¾ tsp ground cinnamon
- ¾ tsp ground nutmeg
- 5 medium-sized Cortland Apples

1 cup brown sugar

¾ cup apple cider

## Directions:

1. Combine nuts, dried cranberries, and 3 Tbsp brown sugar. Add ¼ tsp cinnamon and all of the nutmeg.
2. Peel the top third of each apple. Remove each apple's core, but keep the apple whole. Place in slow cooker.
3. Spoon nut and fruit mixture into center of each apple, where the core had been.
4. Combine remaining cinnamon, 1 cup of brown sugar, cider. Stir well. Pour over apples.
5. Cover. Cook on low 2 1/2-3 hours.
6. Remove apples with a spoon into serving bowls. Pour remaining juice over each apple.

Optional: Serve with scoop of Cool Whip, or frozen yogurt.

## Nutritional Information:

Serving Size 1 apple

320 calories, 5g total fat, 35mg sodium, 4g fiber, 26g sugar, 1g protein