



Healthy HARVEST

Baked oatmeal apples

Serves 2 – adapted from Cooking Light

- 2 large firm apples (like golden delicious or granny smith), cut in half
- Cooking Spray
- 3 tablespoons brown sugar, divided
- 1 tablespoon canola oil
- 1.5 teaspoons ground cinnamon, divided
- Pinch or two of cloves, nutmeg, allspice – optional
- 2 tablespoons old-fashioned rolled oats
- 1 teaspoon whole wheat pastry flour

Preheat oven to 400°F.

Starting at the outermost edges, cut most (but not all) of the way through each apple half at 1/8-inch intervals. Place apple halves, cut sides down, in an 8-inch square glass or ceramic baking dish coated with cooking spray. Spray apples with cooking spray and give a sprinkle of cinnamon sugar. Cover pan with foil; bake at 400° for 20 minutes. Remove foil. Bake at 400° for 10 minutes or until apples are tender. Remove pan from oven; cool 10 minutes.

Combine remaining sugar, butter cinnamon, oats, flour. Carefully fan open apple halves. Spoon oat mixture evenly over apples. Bake at 400° for 10 minutes. Turn broiler to high (leave pan in oven); broil 2 minutes until golden brown