Snack

Almond Butter Stuffed Baked Apples

Whole apples are cored, filled with a creamy almond butter filling perfumed with warm spices, and baked until fork tender.

70 min	200	28 g	19 g
time	calories	carbs	sugars



Vegetarian

Ingredients, 3 servings

- [ ] 3 med apples
- [ ] 2 tbsp plus 1/2 tsp lime juice (divided)
- [ ] 3 tbsp almond butter
- [ ] 1/8 tsp ground cinnamon
- [ ] 1/8 tsp ground nutmeg
- [ ] 1/8 tsp vanilla extract
- [ ] 1/8 tsp pumpkin pie spice

Method

- [ ] 1 Heat the oven to 350°F.
- [ ] 2 Core the apples, keeping the bottoms intact, then slice off the top quarter inch of each apple.
- [ ] 3 Stir 2 tbsp lime juice into 2 cups of water in a medium bowl and soak the apples for about 5 minutes so they do not brown.
- [ ] 4 In a separate bowl, whisk together the almond butter, ground cinnamon, ground nutmeg, vanilla extract, remaining 1/2 tsp lime juice, and pumpkin pie spice.
- [ ] 5 Lift the apples out of the soaking water, pat them dry, and fill each one with 1 tbsp of the almond butter mixture.
- [ ] 6 Stand the stuffed apples upright in a deep baking dish with about 1/2 inch of water so they stay moist.
- [ ] 7 Bake for 1 hour, topping up the water in the dish if it runs low.
- [ ] 8 Once the apples are fork tender, remove them from the dish and serve.

Nutrition Facts

Per serving

Calories	200
Total fat	9 g
Saturated fat	1 g
Sodium	40 mg
Total carbs	28 g
Fiber	6 g
Total sugars	19 g
Protein	4 g

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