

Microwave “Baked” Apples

 10 Min

 Serves 1



Ingredients

- 1 Whole apple, sliced
- 2 Tbsp brown sugar
- 1/2 Tsp ground nutmeg
- 1/2 Tsp ground cinnamon
- 2 Tsp butter
- 1/4 Cup plain oats

Equipment

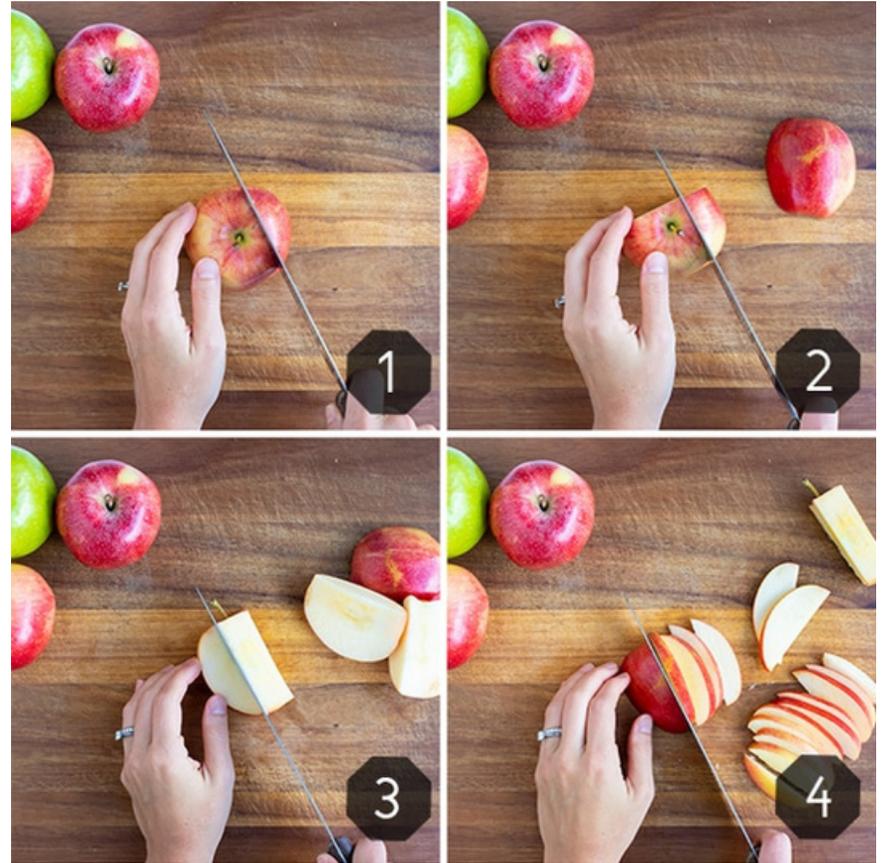
- Knife
- Cutting Board
- Microwave Safe Dish
- Measuring Spoons
- Spoon
- Microwave

Method

1. Wash the apples and cut into thin slices. Place the apples in a microwaveable dish.
2. Add 1/2 tablespoon of brown sugar to the apple slices and coat.
3. Mix the rest of the brown sugar, cinnamon, nutmeg, butter, and oats. Spoon the mixture on top of the apples.
4. Microwave for 2 to 3 minutes, or until tender.

How to Safely Cut an Apple

1. Using a sharp knife, make a cut $\frac{1}{2}$ -inch to the right or left of the stem and cut all of the way down. Be sure to avoid the apple core.
2. Turn the apple 90 degrees and make a similar cut all of the way through the apple.
3. Repeat step 2 until you have four apple slices and a separate piece of core.
4. Place the apple pieces cut side down on the cutting board and slice into $\frac{1}{4}$ - $\frac{1}{2}$ inch pieces.
5. Enjoy your apple slices!



Nutrition Information

Fiber

- Apples and oats are two examples of foods rich in fiber which are found in this recipe.
- Fiber helps keep the digestive system healthy by slowing down digestion and making one feel fuller for longer.

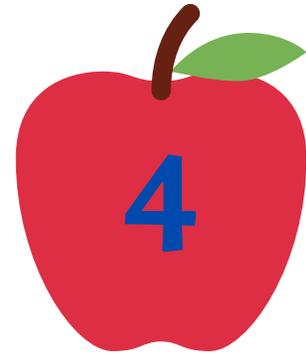
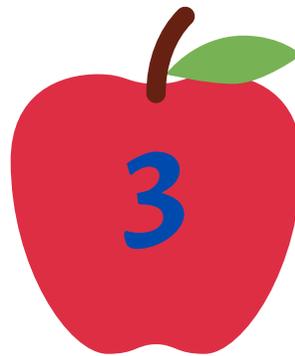
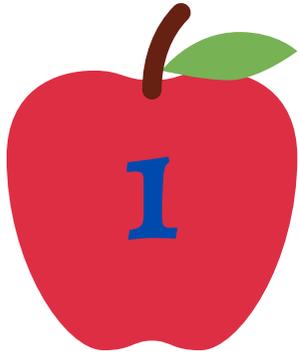
Types of Apples

The flavor of different apples varies:

- Granny Smith: tart and crisp
- Honeycrisp : sweet with a light and crisp texture
- Gala: sweet flavor with floral aroma
- Red Delicious: mild and sweet flavor

Guess the Apple...

Gala Red Delicious Granny Smith Honeycrisp



1. **Honeycrisp**: one of the sweetest apples, has a light and airy crisp texture. Good for eating and baking.
2. **Granny Smith**: strong tart taste (sour apple flavor) and crisp texture. Good for baking since they hold their shape.
3. **Red Delicious**: only a little sweet has a very mild flavor (like an overripe melon). Skin is tougher. Not good for baking, best eaten raw
4. **Gala**: sweet with a hint of vanilla, has a floral aroma, more dense than honey crisp. Good for baking and eating.

Exercise Benefits

- “An apple a day” may not just keep the doctor away but also provide a variety of nutrients beneficial for exercise!
- Apples are a rich source of:
 - Fiber, which can help lower bad cholesterol and improve cardiovascular health and blood flow, delivering oxygen and energy more effectively to our muscles
 - Complex carbohydrates to provide a sustained level of energy, especially during endurance exercises like distance running, biking, or swimming
 - Water that helps keep the body well hydrated and replenish fluids lost through sweat while exercising

