



Baked Apple

Instructions:

Place 2 cinnamon sticks into the center of each apple.

Place into a pan and cover the bottom with water.

Bake at 350 for 1 hour.

1 apple counts as 1 snack

Prep Time:

10 minutes

Cook Time:

1 hour

Ingredients:

4 large Macintosh apples -
cored

8 cinnamon sticks

water