

## 3-A-Day™ of Dairy

### **BAKED APPLES WITH CINNAMON YOGURT TOPPING**

*Recipe created by Chef Michael Bussinger of San Francisco  
on behalf of 3-A-Day™ of Dairy*

Makes 4 servings

Prep time: 25 minutes

Cook time: 40 minutes

#### Ingredients:

- 4 Granny Smith or Gala apples
- 3/4 cup brown sugar
- 1/4 cup cornstarch
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon salt
- 1/4 cup unsweetened apple juice (or apple cider)

For the cinnamon yogurt topping:

- 2 1/2 (8-ounce) containers low-fat plain yogurt
- 2 tablespoons honey
- 1/4 teaspoon cinnamon

Preheat oven to 350 degrees Fahrenheit. Spray an 8x8-inch baking dish with nonstick cooking spray; set aside.

Core and thinly slice apples. Place apples in a medium bowl and toss with apple juice. Mix brown sugar, cornstarch, cinnamon, nutmeg and salt together in a small bowl. Sprinkle over apples and stir gently until apples are coated.

Pour apples into prepared baking dish. Bake in preheated oven 40 minutes or until apples are slightly browned at edges and sauce is bubbling.

For the cinnamon yogurt topping:

Line a colander with several paper towels and place over a bowl to catch drips. Pour yogurt into colander and allow to drain about 30 minutes. Spoon yogurt into a small bowl and stir in honey and cinnamon.

Serve apples warm and top each serving with 1/4 of the yogurt topping.

**Nutritional Facts per serving for main dish recipe:**

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Calories	330
Total Fat	2 g
Saturated Fat	1.5 g
Cholesterol	15 mg
Sodium	270 mg
Calcium	30% Daily Value
Protein	7 g
Carbohydrates	72 g
Dietary Fiber	3 g