

A recipe from: Crock-tober Fest—A Slow Cooker Feast

Fruit & Nut Baked Apples

Serves: 4 whole apples or 8 half apples

Ingredients:

4 large baking apples (Braeburn, Jonagold, Honeycrisp, Mutsu, Winesap, Pink Lady are great choices)

1 tablespoon lemon juice

1/3 cup No sugar added apricot jam

1/3 cup chopped pecans or walnuts

1 and ½ tablespoons Brown Sugar Splenda

½ teaspoon ground cinnamon

2 tablespoons melted butter or margarine

Sugar free caramel sauce to drizzle on top, optional

Directions:

Scoop out center of each apple, leaving 1 and ½ inch wide cavity about ½ inch from bottom. Peel top of apple down about 1 inch. Brush peeled apple area evenly with lemon juice. Combine apricot jam, chopped nuts, brown sugar and cinnamon in a bowl. Spoon mixture equally into apple cavities.

Pour ½ cup of water in bottom of crockpot. Place two apples in bottom of cooker. Arrange remaining apples above but not directly on top of the bottom two apples.

Cover and cook on low 3 to 4 hours or until apples are tender. Best served warm or at room temperature. Optional, drizzle top of apple with sugar free caramel sauce.



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