



# Baked Apple for One

Servings 1 | Prep time 3 mins. | Total time 6-7 mins.

## Equipment:

Cutting board  
Microwave-safe bowl

## Utensils:

Knife  
Measuring spoons

## Ingredients

1 firm medium apple  
1/2 teaspoon ground cinnamon  
1/2 teaspoon brown sugar  
1/2 teaspoon water

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, and fruit.
2. Chop apples into 1/2" cubes and place in a microwave-safe bowl or dish.
3. Toss apples with cinnamon and brown sugar to evenly coat. Drizzle with water.
4. Tightly cover bowl with plastic wrap. Microwave on high for 1 minute.
5. Remove from microwave and stir. Cover, return to microwave, and cook on high for 1 minute.
6. Remove from microwave and stir. Return to microwave and cook, uncovered, for 30-60 seconds, or until apples are soft and liquid has begun to form a glaze.
7. Remove from microwave and cool slightly before serving.

## Nutritional Information:

Calories 100  
Total Fat 0.5g  
Sodium 0mg  
Total Carbs 28g  
Protein <1g