



# Baked Apple for One

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

Equipment: Cutting board, Measuring spoons,  
Microwave-safe bowl Utensils: Knife

## Ingredients

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

### Nutritional Information:

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

## Instructions

1. Before you begin wash your hands, surfaces, utensils, and fruits.
2. Chop apples into ½ inch cubes and place in 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 or wax paper. 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.