



Harley Pasternak's Baked Apples with Greek Yogurt

Ingredients:

- 4 apples (260 calories)
- 4 cinnamon sprigs
- 1 1/2 cups nonfat Greek yogurt (172 calories)
- 2 tsp Ground Cinnamon (12 Calories)
- 2 tsp Sugar Substitute (0 calories)
- Sugar Free Syrup

Instructions:

- Take 4 apples and core the center of each.
- Place apples on tray and pour a small amount of water at the bottom of the tray.
- Place 1 cinnamon sprig in the center of each apple.
- Microwave apples for 4-6 minutes or bake in oven for 15-20 minutes.
- Whisk together nonfat Greek yogurt, ground cinnamon, and sugar substitute.
- When apples have softened, remove tray from the oven or microwave.
- Fill the center of each apple with yogurt mixture.
- Drizzle each apple with sugar-free syrup and serve.

Serves: 4

Total Calories: 400 (100 calories per apple)