

# Baked Apples with Crunchy Oat Topping\*

Servings: 4 | Prep/cook time: 25 minutes

## Ingredients:

1 spray cooking spray  
4 large apples  
½ tsp. no calorie sweetener  
½ tsp. ground cinnamon  
½ tsp. ground nutmeg

## Topping

½ cup(s)  
Uncooked rolled oats  
½ tsp. no calorie sweetener  
½ tsp. ground cinnamon  
2 large egg whites, beaten until frothy



*A Bowlful of Yum!*

## Directions:

1. Preheat oven to 425°F. Coat a nonstick baking sheet with cooking spray.
2. To make filling, peel and core apples; cut each apple into six 1/4-inch-thick slices. In a medium bowl, combine apples, Splenda, cinnamon and nutmeg; toss to combine. Spread apple mixture over prepared baking sheet so apples are mostly in a single layer. Bake for 5 minutes; flip apples with a spatula and bake for 5 minutes more.
3. Meanwhile, combine topping ingredients in a small bowl; mix well. Spread oat mixture over another nonstick baking sheet and bake until lightly browned and crisp, about 2 minutes.
4. To serve, place 6 slices of apple in each of 4 shallow bowls and top each with about 2 tablespoons of oat topping.

*\*This recipe comes from WW. SmartPoints: 1 on Green, 1 on Blue, 0 on Purple*