

Spicy Baked Apples



Makes:

6 servings, 1 apple each

Utensil:

Saladmaster Food Processor
10" Electric Oil Core Skillet
small mixing bowl

Rate ★★★★★

Recipe:

Contributed By:

Janet Potts, RD, LD

[Write a Review](#)

1/4 cup
raisins, chopped
(36 g)
1/4 cup
sweetened dried cranberries, chopped
(36 g)
1/4 cup
dried apricots, chopped
(33 g)
2 tablespoons
pecans, finely chopped
(14 g)
1 tablespoon
orange peel, finely grated, use Cone #1
(6 g)
1 tablespoon
brown sugar, firmly packed
(14 g)
1 tablespoon
water
(15 mL)
1/2 teaspoon
cinnamon
(2.5 mL)
6 small Granny Smith apples, cored
1 cup
cranberry juice cocktail
(240

mL)

- 2 cinnamon sticks
- 4 whole cloves

Directions:

1. In a small mixing bowl, combine raisins, cranberries, apricots, pecans, orange peel, brown sugar, water and cinnamon. Set aside.
2. Stuff cored apples with fruit mixture and gently transfer to electric skillet. Pour cranberry juice cocktail in skillet. Place cinnamon sticks and cloves in juice. Cover.
3. Set digital probe to 225°F/107°C. Cook 15 minutes or until apples start to become tender. Serve warm or cold in a bowl, with or without juice.

Tips:

- Apples must be small enough to allow the lid to fit on the electric skillet. If using the 12" Electric Oil Core Skillet, increase cranberry juice cocktail to 1 1/2 cups.

Nutritional Information per

▼ Serving

Calories: 146
Total Fat: 2g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 4mg
Total 35g
Carbs:
Dietary Fiber: 4g
Sugar: 25g
Protein: 1g