



Air Fryer Baked Apples

Prep time: 5 minutes

Cook time: 15 minutes

Makes 4 apples

Why we like them: wholesome & delicious

Ingredients:

- 2 Apples
- 1 teaspoon melted butter
- ½ teaspoon cinnamon

Topping Ingredients

- 1/3 cup Old Fashioned/Rolled Oats
- 1 tablespoon melted butter
- 1 tablespoon maple syrup (or honey)
- 1 teaspoon whole wheat flour
- ½ teaspoon cinnamon
- Whipped cream (optional)



Instructions:

1. Cut apples in half through the stem and use a knife or a spoon to remove the core, stem and seeds. Brush a teaspoon of butter evenly over the cut sides of the apples, then sprinkle over ½ teaspoon of cinnamon.
2. Mix topping ingredients together in a small bowl, then spoon on top of the apple halves evenly.
3. Place the apple halves carefully into the air fryer basket, then cook on 180C / 350F for 15 minutes or until softened.
4. Serve warm with ice cream or cream if desired.

Nutrition Information:

YIELD: 2 SERVING SIZE: 1

Amount Per Serving: CALORIES: 247TOTAL FAT: 9gSATURATED FAT: 5gTRANS FAT: 0gUNSATURATED FAT: 3gCHOLESTEROL: 20mgSODIUM: 65mgCARBOHYDRATES: 43gFIBER: 7gSUGAR: 25gPROTEIN: 3g

Contact us at employeewellness@harrishealth.org; 713-566-6686

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