



Sweet Baked Apple Wedges

Servings: 4

Rinse fresh fruits under running water. Scrub firm-skin fruits with a vegetable brush while rinsing.

4 baking apples (such as Rome, Granny Smith, Gala, Cortland)

1 teaspoon margarine, cut into small pieces

3 tablespoons brown sugar

¼ cup orange juice (optional)

1. Preheat oven to 375 degrees F.
2. Wash hands and surfaces.
3. Core and cut apples into wedges and put in a baking dish.
4. Dot apples with margarine and sprinkle with brown sugar. Add orange juice, if desired.

5. Bake for 30 minutes or until tender, or microwave in a nonmetal baking dish for 11 to 13 minutes on high setting.
6. Refrigerate leftovers immediately.



Nutrition Facts

4 servings per container

Serving size 1 cup slices
(235g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 41g 15%

Dietary Fiber 5g 18%

Total Sugars 33g

Includes 10g Added Sugars 20%

Protein 1g

Vitamin D 0mcg 0%

Calcium 22mg 2%

Iron 0mg 0%

Potassium 252mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Helpful Tips

- Use fresh, local veggies. Go online to find a farmers market at: seasonalandsimple.info or other Missouri local foods at: showmefood.org
- Have your child pick the apples for this recipe.
- They learn from watching you — eat fruits and veggies and your kids will, too.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance