



Bestest Baked Apples



1/4th of recipe (1 apple): 104 calories, <0.5g total fat (0g sat. fat), 10mg sodium, 27g carbs, 4g fiber, 21g sugars, 0.5g protein

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Prep: 10 minutes **Cook:** 45 minutes



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Ingredients

4 medium Rome or Braeburn apples
One 12-oz. can diet black cherry soda
1 tsp. granulated white sugar or Splenda No Calorie Sweetener (granulated)
1/4 tsp. cinnamon
1/2 cup Fat Free Reddi-wip
Optional topping: additional cinnamon

Directions

Preheat oven to 375 degrees.

Core apples and place in an 8-inch by 8-inch baking pan. Pour the entire can of soda over the apples. Sprinkle with sugar or Splenda and cinnamon.

Bake until apples are tender, about 45 minutes.

Top each apple with 2 tbsp. of the Reddi-wip. Enjoy!

MAKES 4 SERVINGS

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