

# Cinnamon Sugar Apple Recipe

Submitted by [niki\\_star](#)

Makes 1 serving

Sweet Apple Snack. Great alternative to Apple Pie/cobbler/crisp.

## Ingredients

1 tbs brown sugar

1/4 tsp cinnamon

1 Apple

## Directions

1. Core 1 Apple.
2. Spoon Mixture into Center.
3. Wrap in aluminum foil.
4. Bake 350 F for 20 Min.
5. Slice and serve warm.

# Nutrition Facts

Serving Size 147.6g

### Amount Per Serving

#### Calories

107

Calories from Fat

2

% Daily Value\*

#### Total Fat

0.2g

0%

#### Cholesterol

0mg

0%

#### Sodium

4mg

0%

#### Total Carbohydrates

28.3g

9%

Dietary Fiber

3.6g

14%

Sugars

23.1g

#### Protein

0.4g

Vitamin A 2%

•

Vitamin C 11%

Calcium 2%

•

Iron 2%

\* Based on a [2000 calorie diet](#)

*Nutritional details are an estimate and should only be used as a guide for approximation.*

# Apple Sauce Recipe

Submitted by [ladymaisha](#)

Makes 1 serving

from [www.elise.com](#) (i changed water into apple juice)..Preparation time: 45 minutes. There is nothing better than homemade applesauce with hand-picked apples, and it is so easy to do! If you want chunky applesauce, use a potato masher to mash the cooked apples. If you prefer smooth apple sauce, run the cooked apples through a food mill. The key is adding a few strips of lemon peel to the apples while cooking. The lemon heightens the apple flavor.

## Ingredients

- 450 g apple
- 1 strip of lemon peel - use a vegetable peeler to strip
- 1/4 medium lemon
- 1/2 inches of cinnamon stick
- 1/8 cup of white sugar
- 1 cup of apple juice
- 1/8 teaspoon of salt

## Directions


1. Put all ingredients into a large pot. Cover. Bring to boil. Lower heat and simmer for 20-30 minutes and remove from heat. Remove cinnamon sticks and lemon peels. Mash with potato masher.
2. Ready to serve, either hot or refrigerated. Delicious with vanilla ice cream or vanilla yoghurt.
3. Freezes easily, lasts up to one year in a cold freezer.

## Categories

[Fruits](#), [Dessert](#), [American](#), [Boil](#), [Vegetarian](#)

# Nutrition Facts

Serving Size 723.8g

 Some items from this recipe could not be found or sized. This estimate is incomplete.

### Amount Per Serving

#### Calories

447

Calories from Fat

9

% Daily Value\*

#### Total Fat

1.0g

2%

Saturated Fat

0.1g

1%

#### Cholesterol

0mg

0%

#### Sodium

303mg

**13%**

**Total Carbohydrates**

116.1g

**39%**

Dietary Fiber

11.0g

**44%**

Sugars

71.7g

**Protein**

1.3g

Vitamin A 5%

Vitamin C 206%

Calcium 4%

Iron 8%

\* Based on a [2000 calorie diet](#)

## Sugar Free Apple Pie Recipe

Submitted by [lisagodsgrl](#)

Makes 12 servings

Use with Crumb Topping Recipe Use wiht Pie Crust Recipe For apple juice use 1 - 12 oz can of frozen apple juice conc.

### Ingredients

**4** cups apples

**12** oz apple juice

**2** tbsp tapioca

**1** tbsp. cornstarch

**1/2** tsp. lemon juice

**1** tsp cinnamon

**1/2** tsp nutmeg

### Directions

Stire all ingredients together in saucepan. Bring to a boil. Cook 20gether 2 minutes. Pour into pie shell. Put on crumb topping. Bake 350 for 35 min.

### Categories

[Dessert](#), [Christmas](#), [Fourth of July](#), [Thanksgiving](#), [Bake](#)

## Nutrition Facts

Serving Size 67.8g

**Amount Per Serving**

**Calories**

42

Calories from Fat

1

**% Daily Value\***

**Total Fat**

0.1g

**0%**

**Cholesterol**

0mg

**0%**  
**Sodium**  
1mg  
**0%**  
**Total Carbohydrates**  
10.6g  
**4%**  
Dietary Fiber  
1.0g  
**4%**  
Sugars  
6.9g  
**Protein**  
0.1g

---

Vitamin A 0% • Vitamin C 22%  
Calcium 1% • Iron 1%

\* Based on a [2000 calorie diet](#)

## Apple Crumble with Oatmeal Topping Recipe

Submitted by [bpassport](#)

Makes 4 servings

Apple crumble with oatmeal topping, using splenda, whole wheat flour, and applesauce, with apple slices. This is my best "healthy" version of one of my favorite desserts! I didn't exactly measure it when I made it but this is my best estimate! If you have a lighter version, let me know!

### Ingredients

- 4 apples
- 4 tablespoons Splenda brown sugar blend
- 1 cup old fashioned oats
- 1 tablespoon cinnamon
- 1 tablespoon whole wheat flour
- 1/2 cup unsweetened applesauce
- 1/4 cup splenda

### Directions

1. Core and slice apples thinly.
2. Sprinkle flour, cinnamon, splenda and brown sugar splenda and 2 tablespoons of applesauce over apples and mix.
3. In a separate bowl mix together oats, applesauce, brown sugar splenda, and cinnamon.
4. Cover apple slices with oat mixture.
5. Bake for about 40 minutes at 350.
6. Serve with vanilla frozen yogurt or light whipped cream, YUMMMM!!

## Categories

Dessert

# Nutrition Facts

Serving Size 216.0g

### Amount Per Serving

#### Calories

290

Calories from Fat

16

% Daily Value\*

#### Total Fat

1.8g

**3%**

Saturated Fat

0.2g

**1%**

#### Cholesterol

0mg

**0%**

#### Sodium

7mg

**0%**

#### Total Carbohydrates

62.4g

**21%**

Dietary Fiber

6.9g

**28%**

Sugars

41.8g

#### Protein

3.1g

Vitamin A 2%

•

Vitamin C 11%

Calcium 4%

•

Iron

## Apple Smoothie Recipe

Submitted by [lola19](#)

Makes 4 servings

yummy sweet apple treat. great snack or dessert

### Ingredients

- 2 large apples
- 1 1/2 cups silk
- 2 tbsp splenda
- 2 tbsp powdered sugar
- 2 cups yogurt

**Directions**

chop apples, combine all ingredients in a blender and blend.

**Categories**

[Snacks](#)

# Nutrition Facts

Serving Size 328.5g

**Amount Per Serving**

**Calories**

204

Calories from Fat

25

**% Daily Value\***

**Total Fat**

2.8g

**4%**

Saturated Fat

1.3g

**7%**

**Cholesterol**

7mg

**2%**

**Sodium**

132mg

**5%**

**Total Carbohydrates**

36.2g

**12%**

Dietary Fiber

2.9g

**12%**

Sugars

31.8g

**Protein**

9.0g

Vitamin A 6%

•

Vitamin C 10%

Calcium 34%

•

Iron 3%

## Apple and Raisin Oatmeal 2 Recipe

Submitted by [lydiacarr](#)

Makes 1 serving

Smaller serving, but the apple fills it out so much you don't notice.

**Ingredients**

- 1/3 cup oatmeal
- 1/3 cup skim milk
- 1/3 cup water
- 1/2 cup skim milk
- 1 small apple
- 1 tablespoon raisins
- 1 dash salt

**Directions**

1. Put 1/3 cup oatmeal in small pot, add 2/3 cup liquid. Cook over low heat, stirring frequently.
2. When it begins to foam, add salt and fruit.
3. Cook until desired consistency, remove from heat.
4. Serve with up to 1/2 cup milk.

**Categories**

Breakfast

# Nutrition Facts

Serving Size 425.9g

**Amount Per Serving**

**Calories**

256

Calories from Fat

19

**% Daily Value\***

**Total Fat**

2.1g

**3%**

Saturated Fat

0.5g

**3%**

**Cholesterol**

4mg

**1%**

**Sodium**

250mg

**10%**

**Total Carbohydrates**

50.2g

**17%**

Dietary Fiber

5.5g

**22%**

Sugars

27.1g

**Protein**

11.7g

Vitamin A 9% • Vitamin C 8%  
 Calcium 21% • Iron 13%

\* Based on a [2000 calorie diet](#)

*Nutritional details are an estimate and should only*

be used as a guide for approximation.

# Spiced Apple and Rasin Pudding Recipe

Submitted by [joymal](#)

Makes 2 servings

Apple (baking) with rasins ad spices

## Ingredients

- 1 pound (450 grms) baking apple
- 2/3 cup (100 grms) raisins
- 3/4 tsp ground cloves
- 1/2 tsp ground cinnamon
- 1/4 whole nutmeg grated
- 1 tblspoon water
- 1 demmerara sugar to taste

## Directions


1. Core and peel the apples, slicing thinly.
2. Add all other ingredients and put in microwave for approx 3 min. on high

## Categories

[Brunch](#)

# Nutrition Facts

Serving Size 276.5g

 Some items from this recipe could not be found or sized. This estimate is incomplete.

### Amount Per Serving

#### Calories

266

Calories from Fat

6

% Daily Value\*

#### Total Fat

0.7g

1%

Saturated Fat

0.1g

1%

#### Cholesterol

0mg

0%

#### Sodium

10mg

0%

#### Total Carbohydrates

70.5g



**24%**  
Dietary Fiber  
7.8g  
**31%**  
Sugars  
52.2g  
**Protein**  
2.1g

Vitamin A 3% • Vitamin C 20%  
Calcium 5% • Iron 8%

\* Based on a [2000 calorie diet](#)

*Nutritional details are an estimate and should only be used as a guide for approximation.*

## Apple Cinnamon Snack Recipe

Submitted by [jayd294mp](#)

Makes 1 serving

Almost as good as Apple Pie, but a fraction of the calories.

### Ingredients

**200** g golden delicious apple

**1 1/2** tsp sugar

**1/2** tbsp cinnamon

### Directions

Preheat oven to 350 degrees F. Slice 1 apple thinly and spread out on a frying pan. Sprinkle cinnamon and sugar evenly over the apple slices. Bake for 10-15 minutes or until slices are tender.

### Categories

[Dessert](#), [Snacks](#)

## Nutrition Facts

Serving Size 209.7g

### Amount Per Serving

#### Calories

137

Calories from Fat

4

**% Daily Value\***

#### Total Fat

0.4g

**1%**

Saturated Fat

0.1g

**1%**

#### Cholesterol

0mg

**0%**

#### Sodium

2mg

**0%**

#### Total Carbohydrates

36.7g

**12%**

Dietary Fiber

6.6g  
**26%**  
Sugars  
27.1g  
**Protein**  
0.7g

Vitamin A 2% • Vitamin C 16%  
Calcium 5% • Iron 3%

\* Based on a [2000 calorie diet](#)

*Nutritional details are an estimate and should only be used as a guide for approximation.*

## Dfac Apple and Carrot Salad Recipe

Submitted by [wcpay](#)

Makes 1 serving

Diced apple with sliced carrots

### Ingredients

**1/2** apple

**1/2** carrot

**1** tbsp cream

### Directions

Half a bowl

### Categories

[Salads](#)

## Nutrition Facts

Serving Size 102.5g

### Amount Per Serving

#### Calories

56

Calories from Fat

8

**% Daily Value\***

#### Total Fat

0.9g

**1%**

Saturated Fat

0.4g

**2%**

#### Cholesterol

2mg

**1%**

#### Sodium

26mg

**1%**

#### Total Carbohydrates

12.8g

**4%**

Dietary Fiber

2.5g

**10%**

Sugars

8.9g  
**Protein**  
0.6g

Vitamin A 103% • Vitamin C 8%  
Calcium 2% • Iron 1%

\* Based on a [2000 calorie diet](#)

*Nutritional details are an estimate and should only be used as a guide for approximation.*

## Apple Oatmeal Bake Jmw Recipe

Submitted by [j\\_watkins](#)

Makes 8 servings

A dessert or a breakfast. Sweetened with Splenda and apple juice.

### Ingredients

- 1 cup oatmeal
- 1 teaspoon cinnamon
- 1/4 cup Splenda
- 1/2 cup apple juice
- 1/4 cup water
- 4 cups apples, chopped

### Directions

Mix oatmeal with cinnamon and splenda. Stir in apple juice and water. Mix in with apples and place in 8x8 square pan. Bake at 375 degrees for 20-25 minutes until hot and bubbly.

### Categories

[Dessert](#)

## Nutrition Facts

Serving Size 89.2g

### Amount Per Serving

#### Calories

76

Calories from Fat

6

% Daily Value\*

#### Total Fat

0.7g

1%

Saturated Fat

0.1g

1%

#### Cholesterol

0mg

0%

#### Sodium

2mg

0%

#### Total Carbohydrates

16.6g

**6%**  
Dietary Fiber  
2.4g

**10%**  
Sugars  
5.8g

**Protein**  
1.7g

Vitamin A 1% • Vitamin C 15%  
Calcium 1% • Iron 3%

\* Based on a [2000 calorie diet](#)

*Nutritional details are an estimate and should only be used as a guide for approximation.*

## Baked Acorn Squash. Recipe

Submitted by [alysha\\_](#)

Makes 1 serving

...with Apple Butter, Brown Sugar, cinnamon, & apple. :)

### Ingredients

**1/2** acorn squash

**1 1/2** tbsp. apple butter

**1/2** tbsp. brown sugar, packed

**1/2** tsp. cinnamon

### Directions

Yum.

### Categories

[Appetizers](#), [Brunch](#), [Dessert](#), [First Course](#), [Main Dish](#), [Side Dish](#), [Snacks](#)

## Nutrition Facts

Serving Size 246.7g

### Amount Per Serving

#### Calories

150

Calories from Fat

3

**% Daily Value\***

#### Total Fat

0.3g

**0%**

#### Cholesterol

0mg

**0%**

#### Sodium

12mg

**0%**

#### Total Carbohydrates

38.6g

**13%**

Dietary Fiber

4.2g

**17%**  
Sugars  
13.3g  
**Protein**  
1.8g

Vitamin A 16% • Vitamin C 40%  
Calcium 9% • Iron 9%

\* Based on a [2000 calorie diet](#)

*Nutritional details are an estimate and should only be used as a guide for approximation.*

## Cinnamon Apple Saute Recipe

Submitted by [coyotejen](#)

Makes 2 servings

Delicious fat-free apple topping with frozen yogurt.

### Ingredients

- 2 apples
- 2 tablespoons unsweetened apple juice
- 1/2 teaspoon ground cinnamon
- 1/8 cup walnuts, chopped
- 1/4 cup frozen yogurt, vanilla

### Directions

1. Cut apples into quarters; discard stems, core, and seeds.
2. Cut apple quarters into thin slices.
3. Heat a large nonstick skillet over medium-high heat until hot.
4. Add apples; cook until apples begin to brown, about 4 minutes, tossing occasionally.
5. Stir in apple juice and cinnamon; continue to cook 5 to 8 minutes or until apples are tender, tossing frequently.
6. Transfer to serving plates; top with nuts. Serve with frozen yogurt.

### Categories

[Dairy](#), [Fruits](#), [Dessert](#), [American](#), [Saute](#), [Vegetarian](#)

## Nutrition Facts

Serving Size 192.5g

### Amount Per Serving

#### Calories

148

Calories from Fat

48

% Daily Value\*

#### Total Fat

5.3g  
**8%**  
Saturated Fat  
0.6g  
**3%**

**Cholesterol**  
2mg  
**1%**

**Sodium**  
23mg  
**1%**

**Total Carbohydrates**  
24.3g  
**8%**

Dietary Fiber  
4.2g  
**17%**

Sugars  
18.3g

**Protein**  
3.9g

---

Vitamin A 2% • Vitamin C 12%  
Calcium 8% • Iron 3%

\* Based on a [2000 calorie diet](#)

*Nutritional details are an estimate and should only be used as a guide for approximation.*

## Apple Cinnamon Compote with Toasted Oats Recipe

Submitted by [margaret\\_saari](#)

Makes 1 serving

Delicious warm apple pie taste for breakfast!

### Ingredients

- 2** tsp brown sugar
- 1/4** tsp cinnamon
- 1** cup apple, sliced
- 1** tsp lemon juice
- 1** tsp raisins
- 2** tsp oats

### Directions

1. Preheat oven to 350F.
2. Spread oats on a baking sheet. Bake 8 to 10 minutes, until golden, shaking halfway through cooking to promote even toasting; set aside.
3. In a medium saucepan, combine 1 tbsp water, brown sugar, lemon juice and cinnamon.
4. Set pan over medium heat and simmer 5 minutes, stirring occasionally with a wire whisk.

5. Add apple slices and raisins, cover and simmer 5 minutes, until apples are tender.

6. Spoon compote into a bowl and top with toasted oats.

## Categories

[Breakfast](#), [Dessert](#)

# Nutrition Facts

Serving Size 128.1g

---

**Amount Per Serving****Calories**

105

Calories from Fat

4

**% Daily Value\***

**Total Fat**

0.4g

**1%**

Saturated Fat

0.1g

**0%**

**Cholesterol**

0mg

**0%**

**Sodium**

3mg

**0%**

**Total Carbohydrates**

26.7g

**9%**

Dietary Fiber

3.4g

**14%**

Sugars

19.2g

**Protein**

0.9g

---

Vitamin A 1% • Vitamin C 12%  
Calcium 2% • Iron 2%

\* Based on a [2000 calorie diet](#)

*Nutritional details are an estimate and should*

## Apple Crisp Breakfast Bowl Recipe

Submitted by [iamdwalrus](#)

Makes 2 servings

Sweet Apple Oatmeal

### Ingredients

**1** cup water

**1/4** cup apple juice

**1** apple, cored and chopped

- 2/3 cup rolled oats
- 1 teaspoon ground cinnamon
- 2 cup milk
- 1 tablespoon brown sugar

**Directions**

1. Bring water apple juice, apple, cinnamon and sugar to a boil.
2. Add oats and bring to a boil.
3. Simmer for 3 minutes. Server with a little milk.

**Categories**

[Breakfast](#)

# Nutrition Facts

Serving Size 495.4g

**Amount Per Serving**

**Calories**

296

Calories from Fat

61

**% Daily Value\***

**Total Fat**

6.8g

**10%**

Saturated Fat

3.4g

**17%**

**Cholesterol**

19mg

**6%**

**Sodium**

108mg

**5%**

**Total Carbohydrates**

48.4g

**16%**

Dietary Fiber

5.1g

**20%**

Sugars

27.6g

**Protein**

11.9g

Vitamin A 10% • Vitamin C 28%  
 Calcium 32% • Iron 9%

\* Based on a [2000 calorie diet](#)

## Berry and Banana Smoothie Recipe

Submitted by [smartypants\\_57](#)

Makes 2 servings



uses an apple instead of apple juice

### Ingredients

- 1 apple
- 1 banana
- 80 g mixed berries
- 6 ice cubes

### Directions


Core, peel and cook the apple in the microwave until you have apple sauce. When cold blend with the other stuff until smooth.

### Categories

[Snacks](#)

# Nutrition Facts

Serving Size 168.0g

 Some items from this recipe could not be found or sized. This estimate is incomplete.

---

#### Amount Per Serving

#### Calories

108

Calories from Fat

3

% Daily Value\*

#### Total Fat

0.3g

0%

#### Cholesterol

0mg

0%

#### Sodium

1mg

0%

#### Total Carbohydrates

27.8g

9%

Dietary Fiber

4.6g

18%

Sugars

17.5g

#### Protein

0.8g

---

Vitamin A 2% • Vitamin C 31%

Calcium 1% • Iron 2%

\* Based on a [2000 calorie diet](#)

## German Apple Bread with Nuts and Raisins Recipe

Submitted by [mermaid3011](#)

Makes 16 servings

This yummy apple bread is great for breakfast or coffee time! It's extremely easy to make and doesn't need any fat! The only fat comes from the nuts (you can either use walnuts or hazelnuts) and is considered healthy! I brought the recipe with me from Germany so I called it my German Apple Bread :o)

### Ingredients

- 750 g apples
- 120 g sugar
- 2 tsp lemon juice
- 3 tbsp brown sugar
- 140 g raisins
- 100 g walnuts
- 400 g flour
- 2 tsp cinnamon
- 2 tsp baking powder

### Directions

1. Peel the apples and either shred them in a mixer or cut them in tiny pieces, mix in the sugar and lemon juice, let stand for 4 hours. then mix in raisins, nuts and cinnamon, lastly stir in the flour and baking powder until it all is well combined.
2. Use a loaf baking pan and line it with baking parchment - you can also use some pam cooking spray to make sure the bread comes out nicely after baking.
3. Fill in the dough and sprinkle with the brown sugar (it develops a lovely crunshy caramel crust)
4. Bake for 70 minutes in a preheated oven (middle rack) at 175 degrees celsius.

### Categories

[Fruits, Nuts](#), [Breads](#), [Breakfast](#), [Brunch](#), [Dessert](#), [Snacks](#), [FrenchGerman](#), [Christmas](#), [Thanksgiving](#), [Advance](#), [Bake](#), [Vegetarian](#)

# Nutrition Facts

Serving Size 97.6g

#### Amount Per Serving

#### Calories

217

Calories from Fat

37

% Daily Value\*

#### Total Fat

4.1g

6%

Saturated Fat

0.3g

2%

#### Cholesterol

0mg

0%

#### Sodium

3mg

0%

#### Total Carbohydrates

42.9g  
**14%**  
Dietary Fiber  
2.7g  
**11%**  
Sugars  
19.4g  
**Protein**  
4.5g

Vitamin A 1% • Vitamin C 5%  
Calcium 5% • Iron 9%

\* Based on a [2000 calorie diet](#)

*Nutritional details are an estimate and should only be used as a guide for approximation.*

## Crockpot Apple Oatmeal - Dad's Version Recipe

Submitted by [mmswindle](#)

Makes 4 servings

Adapted from Apple Oatmeal recipe in Fix it & forget it cookbook.

### Ingredients

- 2 c skim milk
- 2 tbsp honey
- 1 tbsp butter
- 1/4 tsp salt
- 1/2 tsp cinnamon
- 1 c oats
- 1 c apples, chopped
- 2 tbsp brown sugar
- 1/8 c walnuts, chopped
- 1/4 c raisins

### Directions

1. Mix together all ingredients in greased slow cooker.
2. Cover. Cook on low 5 - 6 hours.
3. Serve.

### Categories

[Breakfast](#), [Slow Cook](#)

## Nutrition Facts

Serving Size 202.6g

**Amount Per Serving**

**Calories**

260

Calories from Fat

60

**% Daily Value\***

**Total Fat**

6.7g

**10%**

Saturated Fat

2.2g

**11%**

**Cholesterol**

10mg

**3%**

**Sodium**

222mg

**9%**

**Total Carbohydrates**

44.5g

**15%**

Dietary Fiber

3.5g

**14%**

Sugars

27.6g

**Protein**

8.1g

Vitamin A 7% • Vitamin C 3%

Calcium 18% • Iron 7%

\* Based on a [2000 calorie diet](#)