



BLUE ZONES PROJECT  
by sharecare

# RECIPES

*From the kitchen of:  
Blue Zones Project®*





FROM THE KITCHEN OF:  
BLUE ZONES PROJECT®

# Honey-Baked Apples

***Yields:*** 1 apple half, serves 4

*Per serving: 85 calories, 1 g fat, 8 mg sodium, 2 g fiber, 1 g protein*

## ***Ingredients***

- 2 medium-size tart apples (Granny Smith, Braeburn, Jonathan, Fuji)
- 1 tbsp. honey
- 1/4 tsp. ground cinnamon
- 2 tbsp. oatmeal
- 2 tbsp. (in total) of raisins, dried cranberries, and chopped walnuts or other nuts

## ***Directions***

1. Cut apples in half lengthwise. Use spoon to remove cores and hollow out a space 1 inch or more deep. Arrange apple halves, cut sides up, on microwavable dish. Cut thin slices off bottoms to keep from tipping. Combine honey, cinnamon, oatmeal, raisins, and nuts. Fill each apple half.
2. Cover with plastic wrap. Fold back one edge 1/4 inch to vent steam. Microwave 3 to 3 1/2 minutes, or until apples can be cut easily. Take from microwave. Let sit a few minutes.