

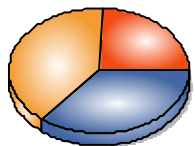


Baked Apples with Figs and Honey

By: Modified by DrJez LLC from Graham Kerr

Recipe grams: 802.83g/28.3oz

Serves 4 200.71g/7.1oz per serving



Protein: 6%
Carbohydrates: 82%
Fat: 11%

INGREDIENTS

4 medium APPLE W/SKIN, RAW
8 figs FIG, DRIED
2 tbsp PECAN, DRIED, RAW
2 tsp BROWN SUGAR BLEND, SPLENDA
2 tbsp HONEY
1/2 cup APPLE JUICE
1/2 cup Yogurt Cheese

DIRECTIONS

Preheat oven to 350 degrees.

Chop figs and combine with nuts, brown sugar and honey.

Cut a cone out of each apple and dig out the core. Fill each with fig mixture and place in a square baking dish.

Bring apple juice to boil. Pour into baking dish and place dish in oven. Bake for 30-45 minutes.

Remove from oven and transfer the apples to serving bowls. Pour juice into small bowl and combine with yogurt cheese. Drizzle over apples and serve immediately.

Nutrition Facts

Serving Size: 1 serving (200.7g)

Servings: 1

Amount Per Serving	
Calories 210	Calories from Fat 25
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	2%
Total Carbohydrate 46g	15%
Dietary Fiber 5g	20%
Sugars 36g	
Protein 3g	
Vitamin A 2%	Vitamin C 25%
Calcium 10%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	