Hurry-Up Baked Apples

Ingredients:

- 2 medium-size tart apples (Granny Smith, Braeburn, Cortland, Jonathan, Fuji)
- 1 teaspoon white or brown packed sugar
- 1/4 teaspoon ground cinnamon
- 2 Tablespoons oatmeal
- 2 Tablespoons (total) raisins, sweetened dried cranberries, chopped walnuts or other nuts
- 1 (6-oz.) container low-fat vanilla yogurt

Directions:

1. Cut apples in half lengthwise. Use spoon to remove cores and hollow out a space 1/2 inch or more deep. Arrange apples halves, cut sides up, in microwavable dish. Cut thin slices off bottoms to keep them from tipping.
2. Combine sugar, cinnamon, oatmeal, raisins, and nuts. Fill each apple half.
3. Cover with plastic wrap. Fold back one edge ¼ inch to vent steam.
4. Microwave 3 to 3½ minutes, or until apples can be cut easily. Take from microwave. Let sit a few minutes.
5. Spoon yogurt over the top. Makes 4 servings of ½ apple each.

Source: https://spendsmart.extension.iastate.edu