

Baked apples in vanilla sauce

warm and satisfying for dessert or brunch

Serves: 4

ingredients:

4 medium baking apples*
1 tsp lemon juice
2/3 c apple juice
1/2 c granola without raisins
3 tbsp dried cranberries
1 tbsp packed brown sugar
1 tbsp melted butter
1/2 tsp ground cinnamon

1 3-oz package cook-and-serve vanilla pudding
1 1/2 c skim or lowfat milk
1 c plain, nonfat Zoi Greek yogurt
3/4 tsp orange zest

**Jonagold, Golden Delicious or Rome Beauty*

preparation:

Preheat oven to 350°

Cut 3/4 inch from top of each apple to flatten; cut small slice from bottom so apples stand upright. With vegetable peeler, remove 1 inch of skin around the top of each apple. Remove core from each apple within 1/2 inch of bottom. Brush cut areas with lemon juice. Place apples in small, shallow baking dish and pour apple juice in bottom.

In small bowl, mix granola, cranberries, brown sugar, butter and cinnamon. Spoon equal amounts into cavity and on top of each apple. Bake apples until tender, 40-45 minutes, covering loosely with foil after 20-30 minutes to prevent over-browning.

Prepare sauce while apples bake. Cook pudding as package directs, using 1 1/2 cups milk. Spoon into medium bowl and cool to lukewarm. Gently whisk yogurt and orange zest into cooled pudding.

To serve, spoon vanilla sauce into 4 shallow bowls. Place apples on sauce and pour juices from baking pan over apples.

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