



Donna Wolf R.D.  
Registered Dietitian & Director  
[donnawolfrd@cox.net](mailto:donnawolfrd@cox.net) ph: 858-335-2140  
[www.healthydirectionspoway.com](http://www.healthydirectionspoway.com)

## **Cinnamon Baked Apples w currants and almonds©**

6 large Granny smith apples peeled, cored and sliced  
¼ c. brown sugar or Sucanet  
½ c. toasted wheat germ  
3 Tlb. currants plumped in hot water & drained  
3 Tlb. chopped almonds  
1 ½ Tlb. cinnamon  
3 Tlb. coconut oil or softened butter  
½ c. maple syrup  
½ c. water

Heat oven to 350° and spray a glass or ceramic baking dish with cooking spray. Place sliced apples in baking dish. In a small bowl combine brown sugar, wheat germ, drained currents, almonds, cinnamon and coconut oil. Mash and mix with a fork until all ingredients are well combined. Spread mixture over apples. Drizzle with maple syrup and water. Bake for 45 min. Remove from oven and serve warm.

Servings: 6

Per serving: 325 calories, 4 gm pro, 61 gm carb, 9 gm fat,  
5 ½ gm fiber

**Options:** substitute currents with raisins or dried cranberries.