



**Nutrition Information Per Serving:**

Calories: 268  
Protein: 9 g  
Carbohydrates: 37 g  
Fat: 9 g  
Fiber: 3 g

<b>PREP TIME</b> <b>10</b> mins	<b>COOK TIME</b> <b>15</b> min	<b>TOTAL TIME</b> <b>25</b> min	<b>RECIPE MAKES</b> <b>6</b> servings
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If you're looking for a dessert recipe that is low-calorie, low-fat, and protein-packed, look no further! Elevate baked apples with crunchy granola and a whipped topping featuring Lowfat Plain Muuna cottage cheese, pure maple syrup, and spices.

**INGREDIENTS**

- 3 Red apples (or any variety you prefer)
- 1 ½ cups Lowfat Plain Muuna cottage cheese
- 1 ¼ cup Granola
- ¼ cup Brown sugar
- 3 Tbsp. butter
- 2 Tbsp. Pure maple syrup
- 1 tsp. Ground cinnamon
- ½ tsp. Ground nutmeg

**INSTRUCTIONS**

- 1) Preheat oven to 400° F.
- 2) Halve the apples and scoop out the seeds with a spoon or knife.
- 3) Combine the granola and brown sugar.
- 4) Lay the apples, cut side up, on a baking sheet and sprinkle each half with 1 - 1 ½ Tbsp. of granola and brown sugar mixture.
- 5) Place ½ Tbsp. of cold butter on each half.
- 6) Bake in the oven for 15 minutes, or until the edges of the peel start to curl and the butter starts to brown.
- 7) Remove the apples from the oven.
- 8) While the apples cool slightly, combine cottage cheese, maple syrup, cinnamon, and nutmeg in a food processor and process until completely smooth (about 6 minutes).
- 9) Serve while apples are still slightly warm. Place a dollop of the cottage cheese mixture onto each apple half and top with a tsp. of the granola and brown sugar mixture.