

APPLES

Baked Apples with Cinnamon Roll Yogurt

31 December 2024

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
40 min	10 min	30 min	8	\$0.57	134 kcal



Indulge in a delightful dessert that combines the comforting flavors of baked apples with the sweet, creamy goodness of cinnamon roll yogurt. This Baked Apples with Cinnamon Roll Yogurt recipe is not only easy to prepare but also a crowd-pleaser, making it perfect for family gatherings or cozy eveni...

Ingredients

- ☐ 4 medium apples
- ☐ 1 teaspoon ground nutmeg
- ☐ 6 oz container Yoplait® Light Thick & Creamy cinnamon roll yogurt
- ☐ 4 large marshmallows, cut in half

EQUIPMENT Oven, Baking pan

Method

- 1 Heat oven to 400F.
- 2 Cut each apple in half lengthwise; scoop out seeds and cores.
- 3 Spoon about 1 tablespoon yogurt into each of the apple centers.
- 4 Sprinkle with nutmeg.
- 5 Place filled apples in ungreased 13x9-inch (3-quart) baking dish.
- 6 Pour water into baking dish until half full.
- 7 Bake 30 to 40 minutes or until apples are tender. Set oven control to broil. Top each apple with marshmallow half. Broil apples with tops of marshmallows 4 to 6 inches from heat about 30 seconds or until marshmallows are golden brown.
- 8 Serve warm.

Nutrition per serving			
	134	1 g	3 g
	KCAL	PROTEIN	FAT
			26 g
			CARBS
Saturated Fat			1.5 g · 9% of daily needs
Fibre			2.2 g · 9% of daily needs
Sugar			16.2 g · 18% of daily needs
Sodium			156 mg · 7% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			4.2 mg · 5% of daily needs

Adapted from Betty Crocker. Find this recipe, ratings and more ideas at [whatsheate.com/baked-apples-with-cinnamon-roll-yogurt-19057](https://www.whatsheate.com/baked-apples-with-cinnamon-roll-yogurt-19057)