

# Healthy Apple Bake



## Ingredients:

- 1 apple (granny smith and golden delicious are good for baking)
- 1 banana
- 1 pinch of cinnamon
- ½ cup lowfat or fat free cottage cheese
- 1 Tablespoon lowfat or fat free sour cream

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### Directions:

- 1 Wash, core, peel and dice apple into  $\frac{1}{2}$  inch pieces.
- 2 Place in microwave safe dish and cover with cinnamon.
- 3 Cover tightly with plastic wrap and microwave for 5 minutes on full power.
- 4 While it cooks, chop up banana into  $\frac{1}{2}$  inch pieces.
- 5 Remove apple from microwave and carefully remove plastic.
- 6 Add in banana, cottage cheese and sour cream and stir together.
- 7 Let cool before serving.