

Baked apples are always a treat, but coring whole apples can be a hassle. Just buy larger apples and cut them in half! Then all you have to do is scoop out the easily accessible core, add the sweet toppings, and let your slow cooker take it from there.

Slow Cooker Size/Shape: 4- to 6-quart round or oval

Slow Cooking Time: 2 to 2 1/2 hours on low, **OR** 1 hour to 1 hour 15 minutes on high

Nutrition Facts

Apples with Almond-Apricot Sauce

Calories 149 Per Serving

Protein 2g Per Serving

Fiber 4g Per Serving

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Calories	149
Total Fat	5.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	3.0 g
Cholesterol	0 mg
Sodium	34 mg
Total Carbohydrate	27 g
Dietary Fiber	4 g
Sugars	21 g
Protein	2 g
Ingredients	

Servings 4 **Serving Size** 1/2 apple and 1 tablespoon sauce per serving

- **Cooking spray**
- 2 tablespoons **water**
- 2 large **apples** (about 8 ounces each), halved and cored
- 1/4 cup chopped **almonds**
- 2 tablespoons chopped **dried apricots**
- 2 tablespoons firmly packed **dark brown sugar**
- 1/4 teaspoon ground **ginger** (or)

OR

- 1/4 teaspoon ground **allspice**
- 1/2 teaspoon ground **cinnamon**
- 1/2 teaspoon **vanilla extract**
- 1 tablespoon plus 1 teaspoon light tub **margarine**

Directions

1. Lightly spray the slow cooker with cooking spray. Pour in the water. Add the apple halves with the cut side up.
2. In a small bowl, stir together the remaining ingredients except the margarine. Spoon onto each apple half. Top each with 1 teaspoon margarine. Cook, covered, on low for 2 to 2 1/2 hours or on high for 1 hour to 1 hour 15 minutes, or until just tender. Be careful not to overcook; the apples will continue to cook while cooling.
3. Carefully transfer the apples to plates, leaving the sauce in the slow cooker. Stir the sauce. Spoon over the apples. Let cool completely, about 30 minutes. The sauce will thicken slightly while cooling.

Quick Tips

Cooking Tip: If you let the apples overcook, they will become mushy