

## Apple-Cranberry Bake

### INGREDIENTS:

1 cup	dried cranberries
1/2 cup	chopped pecans
1/4 cup	brown sugar
1/2 cup	water
1t	cinnamon
1.5 lbs	apples, Fuji, fresh, chopped

### DIRECTIONS:

Combine all ingredients in a large dish (microwave safe). Microwave at high for 10-12 minutes or until apples are soft. Stir occasionally.

Makes 15 servings. Serving size is 1/4 cup  
Calories: 73/serving

### NUTRITIONAL INFORMATION PER SERVING:

0.5g protein  
14g carbohydrates  
2 g fat  
2mg sodium  
0mg cholesterol  
2g fiber

Estimated Food Group Serving Equivalents: 1 fruit, 1/2 fat