



## Delicious Dessert: Baked Fruit

Livestrong ([livestrong.com](http://livestrong.com)) recommends serving fruit as a heart healthy dessert because it is naturally sweet and low in cholesterol. To dress up regular fruit, bake it. For example, try WebMd's baked apple recipe:

### Ingredients

- 1 Apple
- 1 Tbsp Softened Butter
- Pinch of Cinnamon
- 1 Tbsp Maple Syrup
- A spoonful of chopped pecans or walnuts

### Directions

1. Remove the apple's core and bottom so it stands up stably.
2. Stir remaining ingredients together into a filling.
3. Spoon filling into apple center.
4. Wrap with plastic wrap and microwave 3 minutes or until tender.

(Recipe from [WebMD](http://WebMD))