



AN APPLE A DAY

Hip to Be Fit® Challenge RECIPE

Hip to BE Fit® Challenge:

Take photos or videos of yourself making the recipe and submit them using the form on the website at www.ndi-nm.org/hiptobefit.

Single Serving

Ingredients:

- 1 ripe apple, any variety
- 2 tsp. butter
- 2 tsp. light brown sugar
- 1 tsp. walnuts or pecans
- 1 teaspoon raisins
- 1/8 teaspoon cinnamon

Utensils:

- Melon baller
- Teaspoon
- Plastic wrap

Directions:

Use a melon baller to core the apple and hollow out the center. Leave the bottom intact. Mix together remaining ingredients and spoon into apple. Cover the stuffed apple with plastic wrap and microwave on high for three minutes or until apple is tender. Cool before serving.



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