

Baked Stuffed Apples

4 small apples
1 teaspoon butter or margarine
2 tablespoons sugar substitute
1/3 teaspoon cinnamon
1/2 teaspoon lemon juice
2 tablespoons finely chopped dates

1. Remove apple cores, leaving 1/2-inch at bottom of each apple. Prick skins with fork; set aside.
2. In a small shallow microwaveable casserole, melt margarine. Stir in sugar substitute, cinnamon, lemon juice and dates. Spoon date mixture into apple centers; place apples in casserole.
3. Microwave, covered, on High (100%) for 4 to 6 minutes or until apples are tender. Let stand a few minutes and spoon liquid back into apples before serving.

Makes 4 servings.

Per stuffed apple: 90 calories, 0.4 g protein, 1/3 g fat, 21.4 g carbohydrate.