



Bestest Baked Apples



1/4th of recipe (1 apple): 104 calories, <0.5g total fat (0g sat fat), 10mg sodium, 27g carbs, 4g fiber, 21g sugars, 0.5g protein

Green Plan [SmartPoints](#)® value 0*

Blue Plan ([Freestyle](#)™) [SmartPoints](#)® value 0*

Prep: 10 minutes **Cook:** 45 minutes



Tagged: [Dessert Recipes](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [Four or More Servings](#)

Ingredients

4 medium Rome or Braeburn apples
One 12-oz. can diet black cherry soda
1 tsp. granulated white sugar or Splenda No Calorie Sweetener (granulated)
1/4 tsp. cinnamon
1/2 cup Fat Free Reddi-wip
Optional topping: additional cinnamon

Directions

Preheat oven to 375 degrees.

Core apples and place in an 8-inch by 8-inch baking pan. Pour the entire can of soda over the apples. Sprinkle with sugar or Splenda and cinnamon.

Bake until apples are tender, about 45 minutes.

Top each apple with 2 tbsp. of the Reddi-wip. Enjoy!

MAKES 4 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.