Cinnamon-Pecan Baked Apple

This warm, seasonal treat contains a full serving of fruit while satisfying your sweet tooth. The crunchy pecans and sweet dates along with the vanilla and cinnamon provide all the comforting flavors of an autumn dessert with a healthier nutrition profile.

Yields: 1 Apple

Nutritional Information (per serving):
Calories 299, Fat 15g, Carbohydrates 45g, Protein 2g

Ingredients
1 Honeycrisp apple
1 teaspoon melted coconut oil (or substitute butter)
1 teaspoon brown sugar
¼ teaspoon ground cinnamon
¼ teaspoon pure vanilla extract
2 tablespoons chopped pecans
1 pitted date, chopped

Directions
1. Preheat oven to 375 degrees. Wash, dry and core the apple using a sharp paring knife, leaving the bottom inch intact. The hole should be about 2 inches wide and broad all the way down the apple so there is enough room for stuffing.

2. Place ½ teaspoon coconut oil, brown sugar, cinnamon, vanilla, chopped pecans and date in a small bowl and stir to combine.

3. Place the apple in an 8-by-8-inch glass baking dish and stuff with the prepared mixture. Bring 1 cup of water to a boil on the stovetop.

4. Drizzle apple with remaining ½ teaspoon coconut oil, then pour boiling water into the bottom of the baking dish around the apple.

5. Bake for 30-35 minutes, until apple is cooked and tender. Remove from oven and allow to cool for 10 minutes. Serve warm.