

# MAKE A GREAT PLATE.

Served warm, this oven-baked dish is perfect for chilly nights.

## Baked Fruit with Cinnamon

### INGREDIENTS

2 **medium apples**, unpeeled,  
cored, cut into 1-inch chunks

½ cup pitted **frozen cherries**

1 can (20 oz.) **pineapple chunks**  
in juice (reserve juice)

½ cup **water**

1 tsp **vanilla extract**

½ tsp **cinnamon**

1 tbsp **butter**, broken  
into pea-sized pieces



### DIRECTIONS

**Preheat** oven to 350°F. **Add** apples, cherries and pineapple to 9" x 9" baking dish.

**In** small bowl, combine pineapple juice, water and vanilla. **Pour** over fruit. **Sprinkle** with cinnamon and butter. **Bake** 30 minutes. **Serve** warm.

**Makes 6 Servings. Each:** 120 calories • 1g protein • 2g total fat • 26g carb  
• 22g sugar • 3g fiber • 1mg sodium • 1g saturated fat • 1g mono fat • 0g poly fat