

Jaques' Apple Cups

Makes 6

3 T sugar
1 T water
1.5 T butter
2 medium apples, peeled and sliced into 1/2" thick wedges
Pinch salt
1/4 t vanilla
1/2 c quick oats
1 t butter
6 slices whole wheat bread
1/2 c nonfat vanilla yogurt



Preheat oven to 400°. In a pan on medium heat sugar in water until dissolved. Add butter and melt. Add apples and cook covered for 7-8 minutes. Meanwhile, spray a muffin tin with non-stick spray. Using a drinking glass, cut round out of the bread that will fit on top of the muffin tin and spread 1/2 t of butter on each. Remove cover on the apples, add salt and vanilla and continue to cook until most liquid has evaporated. Add and incorporate oats. Divide apple filling equally among six muffin tins. Place a round of bread on top of each, spread a thin layer of butter on top and sprinkle with a bit of sugar. Bake for 10 minutes. Place a tray or cutting board on top of the muffin tin and invert to unmold. Serve with a tablespoon of yogurt on top.

Nutrition information per serving:

190 calories, 4g total fat (1.5g saturated fat), 7g dietary fiber, 5 g protein, 150 mg sodium.

This recipe adapted from Jaques Pepin's Fast Food My Way

