

- » 4 cups (1 L) apples, sliced
- » 1/4 cup (60 mL) water
- » 1 tablespoon (15 mL) molasses
- » 3 packets concentrated acesulfame-K
- » 1 tablespoon (15 mL) lemon juice
- » 1 teaspoon (5 mL) cinnamon
- » 1/4 teaspoon (1 mL) cloves
- » 3/4 cup (190 mL) oatmeal
- » 2 teaspoons (10 mL) margarine or butter
- » 2 packets concentrated acesulfame-K

YIELD: 8 servings

EXCHANGE: 1 bread

CALORIES: 84

Combine the apples, water, molasses, 3 packets of acesulfame-K, lemon juice, cinnamon, and cloves. Mix well. Arrange the apple mixture in an 8-inch (20 cm) square baking dish coated with non-stick cooking spray. Combine the remaining ingredients and sprinkle the mixture over the apples. Bake at 375°F (190°C) for 30 minutes or until the apples are tender and the topping is lightly browned.

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