

Cinnamon Baked Apples

A Warm, Naturally Sweet Dessert That's Cozy, Nutritious, and Easy to Make

There's something comforting about the smell of apples and cinnamon baking in the oven. This simple dessert proves you don't need loads of sugar or processed ingredients to satisfy a sweet craving. Cinnamon Baked Apples are naturally sweet, soft, and packed with cozy fall flavors that can be enjoyed any time of year.

Apples are an excellent source of fiber and antioxidants, while cinnamon adds warmth and flavor without extra calories. This recipe is perfect for women looking for a lighter dessert that still feels indulgent. Serve it on its own or with a dollop of Greek yogurt for extra protein and creaminess.

Whether you're preparing a healthy weeknight treat or looking for a wholesome dessert to share with family, these baked apples are sure to become a favorite.

Cinnamon Baked Apples Recipe

Prep Time: 10 minutes

Cook Time: 30–35 minutes

Total Time: 40–45 minutes

Servings: 4

Ingredients

- 4 medium Honeycrisp or Gala apples
- 2 tablespoons old-fashioned rolled oats
- 2 tablespoons chopped walnuts or pecans
- 1 tablespoon pure maple syrup or honey
- 1 teaspoon ground cinnamon

- $\frac{1}{4}$ teaspoon ground nutmeg
- 1 tablespoon melted unsalted butter (or coconut oil)
- 1 teaspoon vanilla extract
- Pinch of salt

Optional Toppings

- Plain Greek yogurt
- Chopped pecans
- Extra cinnamon
- Light drizzle of maple syrup

Instructions

Step 1

Preheat your oven to **375°F (190°C)**.

Step 2

Wash the apples thoroughly. Using an apple corer or spoon, remove the core, leaving the bottom intact to create a cavity for the filling.

Step 3

In a small bowl, combine:

- Oats
- Chopped walnuts
- Cinnamon
- Nutmeg
- Salt
- Vanilla
- Melted butter
- Maple syrup

Mix until evenly coated.

Step 4

Place the apples in a baking dish.

Fill each apple with the oat mixture.

Step 5

Pour about $\frac{1}{2}$ **cup of water** into the bottom of the baking dish to help keep the apples moist while baking.

Step 6

Bake for **30–35 minutes**, or until the apples are tender when pierced with a fork.

Step 7

Serve warm with Greek yogurt and an extra sprinkle of cinnamon if desired.

Nutrition Facts

Per Serving (1 baked apple)

Nutrient	Amount
Calories	190
Carbohydrates	31 g
Protein	2 g
Fat	8 g
Saturated Fat	2 g
Fiber	5 g
Sugar	24 g
Sodium	35 mg
Potassium	220 mg

Nutrient	Amount
Calcium	30 mg
Iron	0.6 mg

Nutrition values are approximate and will vary depending on the ingredients used.

Why You'll Love This Recipe

- Naturally sweet with minimal added sugar
- Rich in fiber to help keep you feeling satisfied
- Easy to prepare with simple pantry ingredients
- Perfect for fall, holidays, or an everyday healthy dessert
- Family-friendly and easily customizable

Helpful Tips

- **Choose firm apples** like Honeycrisp, Gala, Fuji, or Pink Lady so they hold their shape while baking.
- Add raisins or dried cranberries for extra sweetness and texture.
- Sprinkle with chia seeds or ground flaxseed for an added nutritional boost.
- Pair with plain Greek yogurt for extra protein or a small scoop of vanilla frozen yogurt for a healthier dessert option.
- Leftovers can be stored in an airtight container in the refrigerator for up to **3 days** and reheated in the microwave or oven.

Frequently Asked Questions

Can I make these dairy-free?

Yes! Simply replace the butter with coconut oil or another plant-based butter alternative.

Can I prepare these ahead of time?

Absolutely. Stuff the apples, cover, and refrigerate them for up to 24 hours before baking.

What apples work best?

Honeycrisp, Gala, Fuji, Pink Lady, and Braeburn are all great choices because they become tender without falling apart.

Are Cinnamon Baked Apples healthy?

Yes. They're made primarily with whole-food ingredients and provide fiber, vitamins, and minerals while using only a small amount of added sweetener, making them a nourishing alternative to many traditional desserts.