

Baked Apples

2 baking apples (Jonathan apples work well), washed and cored

1 can diet strawberry soda

Sprinkles of cinnamon

Preheat oven to 375 degrees F. Place apples in a 9 x 13 inch pan. Fill the centers of the apples with the sugar free soda, allowing the excess to spill into the pan. Bake for 40-45 minutes, spooning pop over apples every 10 minutes. Bake until the apples have split skins. Sprinkle cinnamon over apples and top and serve warm. Makes 2 servings.

Nutrition information per serving: 81 calories, 0 grams protein, 1 gram fat, 42 grams carbohydrate, 0 mg sodium.