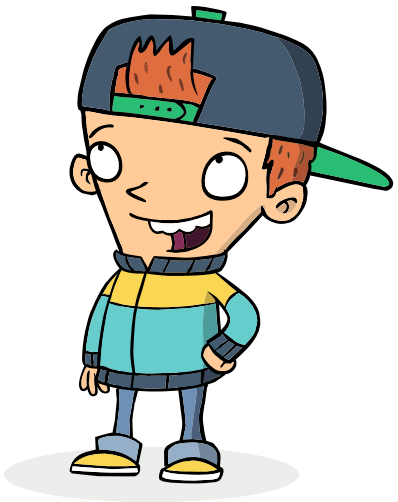
SHOPPING LIST

Cinna-Honey Apples

- Raisins
- Walnuts
- Honey
- Ground Cinnamon
- Granny Smith Apples
- Orange Juice

First, check off the items you already have at home.



CUT

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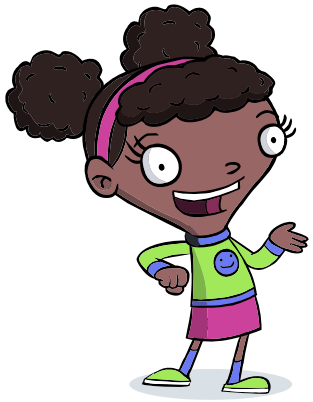
Lunch Labbers Present

SIDE DISHES

PBS KIDS GO!

FIZZY'S LUNCH LAB

Cinna-Honey Apples



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	4
YES	Over 1 Hour	Medium	

YOU WILL NEED

¼ cup raisins
(dried cranberries or currants)

¼ cup
walnuts, toasted

1 tablespoon
honey

½ teaspoon
ground cinnamon

4 Granny Smith apples,
cored and top third of
apple cut off and discarded

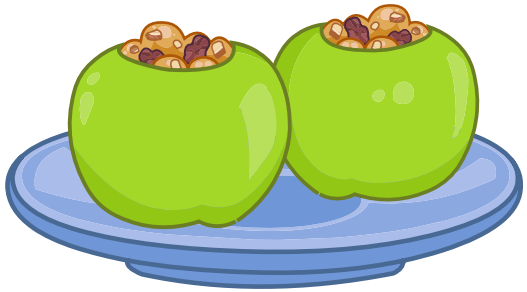
⅓ cup orange juice

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: With the rack in the middle position, preheat the oven to 375 degrees. Mix the raisins, walnuts, honey, and cinnamon together in a small bowl. Stuff 1/4 of the mixture inside each apple.

STEP 2: Place the apples in a small baking dish, close enough to be touching each other, and pour the juice around them. Transfer the apples to the oven and bake until softened, about 1 hour. Serve warm or at room temperature.



pbskidsgo.org/lunchlab

Nutrition Facts

Serving Size 1 serving (226g)
Servings Per Container 4

Amount Per Serving	
Calories 200	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 41g	14%
Dietary Fiber 5g	20%
Sugars 31g	
Protein 2g	

Vitamin A 2% • Vitamin C 25%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4