



WEIGHT ★ NO ★ MORE DIET CENTERSM



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PASSOVER CRUNCHY APPLE BAKE

Basic Lifestyle

Ingredients

2 matzo squares, finely crumbled
3 TBS melted margarine
6 TSP Splenda, divided
dash of almond extract
3/4 TSP ground cinnamon, divided
4 medium Macintosh apples
4 medium prunes, pitted and diced
2 TBS water

Instructions

1. In small bowl, combine matzoh crumbs, margarine, 2 TBS Splenda, almond extract and 1/4 TSP cinnamon. Set aside.
2. Pare, core and slice apples. In medium bowl, combine apples, prunes, water, remaining Splenda and remaining cinnamon. Transfer mixture to 8" round baking pan. Sprinkle crumb mixture evenly over apple mixture. Cover and bake at 375° for 20 minutes. Uncover and bake 10 minutes longer or until apples are tender. Cool before serving.

Portion-Per-Serving Information: (Yields 6 servings)

Serving = 1/6 slice = 1 FR, 1/2 G, 1/2 FT