



Stuffed Baked Apples

Ingredients:

3 apples, cored and pitted
1 1/2 cups non-fat Greek yogurt
1 scoop vanilla protein powder
1/2 cup rolled oats
3 tbsp walnuts, chopped
1 tsp cinnamon
2 tbsp Splenda brown sugar blend

Directions:

1. Combine the cinnamon and brown sugar.
2. Place the cored apple in the mixture. Coat the apple, inside and out, and place on the grill.
3. Cook for 3-4 minutes or until tender.
4. Mix the Greek yogurt, protein powder, rolled oats, and walnuts until well mixed.
5. Fill the baked apple with the mixture.
6. Cover and cook for 1-2 minutes or until yogurt is heated.

Nutrition Facts per serving:

Recipe serves 3
Calories 393
Fat 11.6 g
Carbs 51.6 g
Protein 24.7 g