

Spiced Hot Fruit Bake

Ingredients:

2 cups apples, sliced	1 tablespoon honey
2 cups green pears, sliced	1 teaspoon cinnamon
1 1/2 cups fresh cranberries	1/4 teaspoon nutmeg
1 cup pineapple chunks (canned)	6 tablespoons butter, melted
2 teaspoons lemon juice	1/3 cup chopped walnuts
1/3 cup sugar	

Directions:

1. Preheat oven to 300°F.
2. In a large bowl, toss fruit and add lemon juice. Set aside.
3. In another glass bowl, combine melted butter, sugar, honey, spices, and pineapple juice.
4. Add this sugar/butter mixture to fruit and coat evenly.
5. Pour fruit evenly into a 9x12 baking dish. Bake for 1 hour.
6. Add nuts, stir, and serve warm. (You can add nuts in the last 30 minutes if you prefer them hot and baked.)
7. Enjoy!

Nutrition Facts

Serving Size 1/2 cup (91g)
Servings Per Container 12

Amount Per Serving

Calories 100 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Total Carbohydrate 17g **6%**

Dietary Fiber 2g **8%**

Sugars 12g

Protein 1g

Vitamin A 6% • Vitamin C 20%

Calcium 0% • Iron 2%

*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

For more information, please contact:

Benteh Nuutah

Valley Native Primary Care Center

Wellness Center

(907) 631-7630

southcentralfoundation.com

Source: cattercrunch.com

