



Bestest Baked Apples



1/4th of recipe (1 apple): 104 calories, <0.5g total fat (0g sat. fat), 10mg sodium, 27g carbs, 4g fiber, 21g sugars, 0.5g protein

[Click for WW PersonalPoints™ value*](#)

Prep: 10 minutes **Cook:** 45 minutes



More: [Dessert Recipes](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [Four or More Servings](#)

Ingredients

4 medium Rome or Braeburn apples
One 12-oz. can diet black cherry soda
1 tsp. granulated white sugar or Splenda No Calorie Sweetener (granulated)
1/4 tsp. cinnamon
1/2 cup Fat Free Reddi-wip
Optional topping: additional cinnamon

Directions

Preheat oven to 375 degrees.

Core apples and place in an 8-inch by 8-inch baking pan. Pour the entire can of soda over the apples. Sprinkle with sugar or Splenda and cinnamon.

Bake until apples are tender, about 45 minutes.

Top each apple with 2 tbsp. of the Reddi-wip. Enjoy!

MAKES 4 SERVINGS

*The WW points values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the [SmartPoints®](#) and PersonalPoints™ trademarks.

Questions on the WW points values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.