



Grilled Apple Pecan Cups

These yummy apple cups taste like pie, but without the added carbs and sugar. Grilling the apples play up their natural sweetness, making this delicious dessert perfect for people with diabetes.

INGREDIENTS

- 2 small apples
- 4 teaspoons butter, softened
- 3 tablespoons chopped pecans
- 1 tablespoon SLENDA Brown Sugar Blend
- 1 teaspoon agave nectar (or light honey)
- Cooking spray

Servings: 4

PREPARATION

1. Peel and cut apples in half crosswise. Scoop core out of center, leaving top and bottom of apple intact.
2. In small bowl, blend softened butter and agave nectar.
3. In center of each apple half, place one teaspoon of butter-agave mixture.
4. Sprinkle chopped pecans, dividing equally, into each center. Dust apples with SLENDA Brown Sugar Blend.
5. Coat grill with cooking spray and preheat to medium.
6. Place apples on grill and cook for 6-8 minutes, or until tender or warm. Watch closely to avoid burning.

NUTRITION

Per serving: 128.8 calories; 7.9g fat; 2.7g saturated fat; 5.2g unsaturated fat; 32.4mg sodium; 15.4g carbohydrate; 2.3g fiber; 0.7g protein; 12.3g sugars; 102.9mg potassium

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