

# Cinnamon-Spiced Baked Apples with Cherry-Almond Filling

Golden Delicious apples stuffed with cherries, almonds, and warm spices, baked until tender. A naturally sweet, low-glycemic dessert perfect for blood sugar balance when made with erythritol or allulose instead of brown sugar and honey.

Prep: 15 min

Cook: 55 min

Total: 70 min

Servings: 6

GL 15.7 / GI 46

## Ingredients

- Lower GI than fresh due to fiber concentration

dried cherries, coarsely chopped
- Adds protein and healthy fats to slow glucose absorption

chopped almonds
- Rich in fiber and B vitamins for glucose metabolism

wheat germ
- Minimal amount for flavor; consider coconut sugar as lower GI alternative

firmly packed brown sugar
- Helps improve insulin sensitivity

ground cinnamon
- ground nutmeg
- Lower GI variety; keep skins on for maximum fiber

small Golden Delicious apples
- Choose unsweetened; liquid form has higher GI impact

unsweetened apple juice
- water
- Dark honey has slightly more antioxidants; use sparingly

dark honey
- [logifoodcoach.com/recipes/cinnamon-spiced-baked-apples-with-cherry-almond-filling](https://logifoodcoach.com/recipes/cinnamon-spiced-baked-apples-with-cherry-almond-filling)

**Healthy fats slow carbohydrate absorption** walnut oil or canola oil

## Instructions

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### Step 1

Position an oven rack in the center and preheat your oven to 350°F (175°C). This moderate temperature allows the apples to cook through gently without bursting their skins.

### Step 2

Combine the chopped dried cherries, almonds, wheat germ, erythritol (or brown sugar if using), cinnamon, and nutmeg in a small mixing bowl. Toss thoroughly until the spices coat all ingredients evenly, creating a fragrant filling mixture. Set aside while you prepare the apples.

### Step 3

Rinse the apples under cool water and pat dry. For maximum fiber retention and blood sugar benefits, leave the skins on—this is critical for maintaining the low glycemic response. If desired, create a decorative spiral pattern by peeling strips of skin in alternating rows from top to bottom using a vegetable peeler, but keep at least 50% of the skin intact.

### Step 4

Using an apple corer or small sharp knife, remove the core from each apple starting at the stem end. Core down to within 3/4 inch of the bottom, creating a cavity while leaving the base intact to hold the filling. Remove any remaining seeds and tough core material.

### Step 5

Spoon the cherry-almond mixture evenly into each apple cavity, using about 2 tablespoons per apple. Press the filling gently but firmly into each opening to pack it in without crushing the apple walls. Stand the stuffed apples upright in a heavy ovenproof skillet or 9x13-inch baking dish just large enough to hold them snugly without crowding.

### Step 6

Pour the water and optional apple juice (or use 3/4 cup total water for lowest glycemic impact) around the base of the apples in the pan. Drizzle the melted erythritol (or honey if using) and walnut oil evenly over the top of each apple, about 1/2 teaspoon of each per apple. Cover the entire pan tightly with aluminum foil to trap steam and keep the apples moist during baking.

### Step 7

Bake for 50 to 60 minutes, until the apples are completely tender when pierced with a sharp knife but still hold their shape. The exact timing depends on apple size and variety—smaller apples may be done in 45 minutes, while larger ones may need up to 65 minutes.

### Step 8

Carefully remove the pan from the oven and uncover, tilting the foil away from you to avoid steam burns. Transfer each apple to an individual serving plate using a large spoon or spatula. Spoon the aromatic pan juices over each apple. Serve warm or let cool to room temperature. For best blood sugar control, pair with 2-3 tablespoons of plain Greek yogurt or a small handful of nuts to add protein, or enjoy after a balanced meal containing protein and healthy fats. Each whole apple is one serving; for stricter glucose management, serve half an apple per person.