

**DOUBLE** your  
**SNAP Dollars**  
and make a delicious meal!

## Baked Apple & Cranberries



### Ingredients:

- 1 baking apple (try Golden Delicious, Granny Smith, Jonathan, or Braeburn)
- Dash of cinnamon to taste
- 1 Tablespoon dried cranberries
- 1 teaspoon brown sugar
- ½ teaspoon butter

### Instructions:

1. Wash apple and remove core (seed area), leaving the bottom to hold in the filling.
2. Place the apple in a microwave-safe container.
3. Sprinkle cinnamon around the top of the apple and in the hole.
4. Fill the center of the apple with cranberries, pressing down if needed.
5. Top the cranberries with the brown sugar and butter.
6. Cover loosely with wax paper.
7. Microwave on high for about 2½ minutes or until apple is soft when poked through the center hole with a fork. Cool slightly.

**Nutrition Facts:** Servings: 1, Serv. size: 1 apple  
**Amount per serving:** Calories 160, Total Fat 2.5g, Sat. Fat 1.5g, Trans Fat 0g, Cholest. 5mg, Sodium 0mg, Total Carb. 37g, Fiber 5g, Total Sugars 30g (Incl. 4g Added Sugars), protein 1g

See back for details on **DOUBLING** your SNAP purchasing power!

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# How to stretch your SNAP dollars at the market:

Get **FREE** fruits & vegetables with  
**DOUBLE SNAP DOLLARS**  
in 3 easy steps:



**BUY \$1**



**GET \$1**

**1**

Bring your EBT Card to the market info booth before you shop

**2**

Swipe EBT Card to get market tokens for SNAP-eligible foods

**3**

Also ask for FREE Double SNAP Dollar (DSD) tokens to spend on fruits and veggies—up to \$20!

Find all sites and learn more at [DoubleDollarsMT.com](http://DoubleDollarsMT.com)

**And there's more!**



**SIGN-UP** for  
**Buy Eat Live Better's**  
**FREE** nutrition classes



**Earn additional Double SNAP Dollars:**  
**\$10 coupon provided for each class you attend!**

To register for a class, go to [www.buysatlivebetter.org](http://www.buysatlivebetter.org) and click on "Class Sign Up."



Community Food & Agriculture Coalition



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