

Pan Roasted Spiced Apples (no sugar)

6 tart apples, cored and quartered

Butter-flavored oil spray for pan

1 cup granulated sugar substitute, such as Splenda

1 t. cinnamon

¼ t. nutmeg

½ t. cardamom

Preheat oven to 450 degrees. Spray a cast iron skillet with a light film of butter-flavored oil. Arrange apples in skillet. Combine sweetener and spices. Sprinkle over apples. Roast for 10 minutes until sweetener and spices are bubbly and apples are beginning to grow soft. Serve with non-fat vanilla ice cream if desired. Serves 4-6