

Apple Breakfast Crescent Rolls

1 large apple
1 teaspoon sugar
1 tablespoon packed brown sugar
 $\frac{1}{4}$ teaspoon ground cinnamon
8 roll reduced fat crescent roll dough

Makes 8 portions, 2 pieces each

Per portion

Calories: 99
Carbohydrate: 19 grams
Protein: 2 grams
Fat: 1 gram
Saturated fat: 0
Cholesterol: 0
Sodium: 157 milligrams
Dietary fiber: 1 gram

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1. Preheat oven to 375°.
 2. Wash, peel, core, and chop apple.
 3. Combine apple, sugar, brown sugar, and cinnamon in a bowl. Set aside.
 4. Unroll dough and cut each roll in half. Flatten wide edge of each roll.
 5. Spoon 1 teaspoon of apple mixture onto each piece of dough and roll up. Seal edges by pressing together with a fork.
 6. Put rolls on nonstick baking sheet.
 7. Bake at 375° for 12 to 15 minutes or until golden brown.