

Shopping List:

3 apples, peeled and diced
3 tbsp lemon juice
2 tsp cornstarch
2 tsp honey
2 tsp cinnamon, divided
1 tsp ground ginger, divided
 $\frac{2}{3}$ cup dried cranberries
1 $\frac{1}{2}$ cup baking mix
1 cup skim milk
2 tbsp maple syrup
Pinch of sugar

Cooking Instructions:

Preheat the oven to 425°. In a mixing bowl, combine apples, lemon juice, cornstarch, honey, 1 tsp cinnamon, $\frac{1}{2}$ tsp ginger and cranberries. Spoon into small ramekins or bowls. In a separate bowl, mix baking mix, milk, 1 tsp cinnamon, $\frac{1}{2}$ tsp ginger, and maple syrup until thick. Spoon on top of the apple mix. Sprinkle sugar on top and bake for 20 minutes.