



## Holiday Live Healthy Recipe



# Baked Brie with Blackberry Jam

### Ingredients:

- 1 (8-ounce) wheel Brie
- 5 tablespoons blackberry jam
- 1 apple, sliced
- fresh blackberries

### Directions:

1. Preheat oven to 350°F. Place Brie in a small casserole dish and top with jam. Bake for 10 minutes. Serve with apple slices.

### Nutrition Facts:

Servings: 6

Per Serving: calories 184; carbs 15g; dietary fiber 1g; total sugars 13g; protein 8g; total fat 11g; saturated fat 7g; cholesterol 38mg; sodium 238mg.

*Recipe from Eating Well*