



BAKED APPLES

SERVES 4

Another great versatile dish. The spices and nuts can be interchanged or omitted to taste.

- 4 apples, any variety
- 2 tablespoons brown sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- walnuts, chopped (optional)
- drizzle of honey (optional)

Wash, halve, and core apples. Using a small knife, cut slits in the apples. Place apples in an oven proof dish, skin side down. Mix together brown sugar and spices, then sprinkle over the apples. Sprinkle walnuts and honey if using. Pour a little water around the apples (this will help them soften by soaking up the water). Bake 25-30 min, or until apples are soft and warmed through.

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