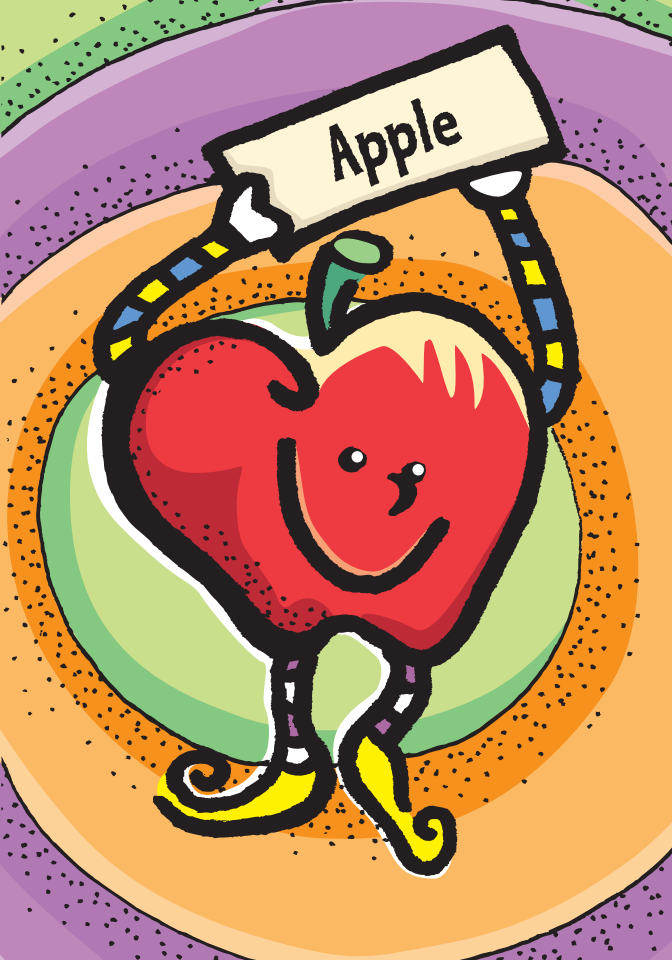


Apple



BAKED APPLES (1 apple)



INGREDIENTS

apple*	1 small
brown sugar	5 mL (1 tsp)
butter	5 mL (1 tsp)
raisins	5 mL (1 tsp)
cinnamon	sprinkle

*Granny Smith, Golden Delicious, and Royal Gala varieties bake well.

VARIATIONS

- Top baked apple with a mixture of plain yogurt and maple syrup.
- Instead of baking in the oven, microwave your apple on high for approximately 6 minutes.

HERE'S HOW

1. Preheat oven to 190 °C (375 °F).
2. Wash and core the apple, leaving 1 cm of fruit at the bottom of the core (don't cut a hole all the way through the apple).
3. Mix brown sugar, butter, raisins, and cinnamon in a mixing bowl.
4. Fill the centre of the apple with the mixture.
5. Place in a baking dish and add 1 cm (1/2") of water to the baking dish.
6. Bake for 30–40 minutes until apple is soft.
7. Slice into quarters and serve.

