



Baked Apples

Apples are very rich in phytonutrients, giving them high scores for anti oxidant capacity. Vitamin C and A, along with fiber, team up to make this fall fruit a nutrient winner!

Serves: 4

Prep and Cook time: 45 minutes

Ingredients

- 4-6 ripe apples
 - 4 Tablespoons water
 - 1-2 dates, pitted and chopped small
 - 1 -2 teaspoons cinnamon
 - 1 Tablespoon honey or maple syrup (optional)
 - 4 Tablespoons finely chopped walnuts
 - Plain yogurt for topping, if desired
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Directions

1. Preheat the oven to 350 degrees.
 2. Remove the core and seeds while keeping the bottom of the apple intact. You want to have a nice "pocket" for the filling.
 3. Put the apples in a medium baking dish with sides; apples should fit nicely with just a little space in between.
 4. Combine the cinnamon and chopped dates and stuff into each apple.
 5. Drizzle honey or maple syrup if desired.
 6. Add water to bottom of the dish to prevent sticking.
 7. Bake in the preheated oven until the apples are soft, about 20-30 minutes.
 8. Check for doneness-you want the inside to be soft and tender. Add water if needed.
 9. Sprinkle walnuts on top when cool.
 10. Top with a tablespoon of yogurt if desired.
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Mary-Beth says: *"Any apple variety will work, but Fuji and Gala seem to retain their shape while getting nice and soft inside when baked."*