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Stuffed Baked Apples



Ingredients

1.2oz. flour
2.25oz. rolled oats
1tsp. cinnamon
7.75oz. brown sugar
pinch of nutmeg
4 oz. butter
2.5 oz. cashews, chopped
4 oz. dried blueberries or cranberries
8 Granny Smith or McIntosh apples cored
lemon

Servings

8

Person

Cooking Time

50

min

Preparation

- 1 Preheat the oven to 180°C
- 2 Core the apples and rub the insides with a little lemon to prevent them from going brown
- 3 Mix together the flour, oats, cinnamon, sugar and nutmeg
- 4 Cut the butter in until a crumbly consistency is reached
- 5 Combine the dried fruit and nuts with the crumbed mixture
- 6 Place the cored apples on a buttered baking sheet and stuff them with the mixture
- 7 Bake for 50 minutes until the apples are tender and the top has browned
- 8 Serve with ice cream or whipped cream.

Cooks Note

Prep Time: 30minutes; Cooking time: 50 minutes; Serves 8