

Apples



Nutrition: Apples are awesome! They are extremely rich in important antioxidants, flavanoids, and dietary fiber.

Storage: Store at room temperature or refrigerate to extend life. Once cut, seal in plastic wrap.

In Season: July - October



Easy Baked Apples

Makes 4 servings

Ingredients:

1. 2 **apples** (cut in half)
2. 2 tablespoons **raisins** (optional)
3. 2 tablespoons chopped **nuts** (optional)
4. 2 tablespoons brown sugar (optional: syrup, honey or white sugar instead)

Directions:

1. Scoop out core from apples, creating a well in each apple half.
2. In a bowl, mix together all toppings except butter. Spoon into the center of each apple.
3. Place in a microwaveable dish and cover with plastic wrap or bowl.
4. Microwave on high for 4 minutes or until apples are tender. Spread butter on top. Enjoy warm.