



Easy Baked Apples

Microwave Recipe

Vegan - Low Fat - Gluten Free

Ingredients

Servings: 4

Prep Time: 5 minutes

Cook Time: 10 minutes

- 2 **apples**
- 2 **tblsp raisins**, optional
- 2 **tblsp chopped nuts**, optional
- 2 **tblsp brown sugar**
- 1 **tsp cinnamon**

Note: Any tart apple works well! Favorite varieties of apples for baking are Jonathan, Granny Smith, Braeburn, and Golden Delicious.

Directions

1. Wash apples and cut them in half. Scoop out core from apples, creating a well in each apple half.
2. In a bowl, mix the brown sugar and cinnamon. If using the raisins and chopped nuts, add those to the bowl as well.
3. Spoon the mixture into the center of each apple.
4. Place apples on a microwaveable dish and cover with plastic wrap or wax paper. Microwave on high for 4-6 minutes until apples are tender.
5. Serve immediately.

Recipe adapted from Maine SNAP ED