

Making it delicious

Baked Apples



Ingredients

- 4 apples
- 4 Tbsp. brown sugar
- 4 Tbsp. butter
- 1 tsp. cinnamon
- ¼ tsp. nutmeg

Optional:

- Whipped cream or vanilla ice cream for serving.



Recipe adapted from www.simple-nourished-living.com

Instructions

- Preheat oven to 350°F.
- Wash the apples and cut them in half from top to bottom.
- Scoop out the core with a spoon or melon baller, and arrange the apples cut sides up in a baking dish.
- Melt the butter and mix in the brown sugar and spices.
- Spoon the mixture evenly over the apples.
- Bake for 30-40 minutes, until soft.
- Serve with whipped cream or vanilla ice cream if desired.