

The New You Healthier Baked Apples

(Serves 2-4)

INGREDIENTS

2 large sweet apples
¼ cut oats
8 whole walnuts broken up
4 whole fresh dates (or dried ones soaked first), chopped
½ tsp. cinnamon
¼ tsp. nutmeg

METHOD

1. Preheat oven to 180 deg. C
2. Wash apples thoroughly, cut in half & scoop out core with a melon baller or spoon.
3. In a bowl combine the oats, dates, walnuts and spices. Now here is the important part - make sure you smooch the dates through thoroughly so it comes together but still crumbles.
4. Divide the mixture evenly between the apple halves. Place in a baking dish that they can fit snugly in but with a little room.
5. Pour 1/2 cup of water into bottom of tray. Cover with tin foil.
6. Place in the oven and bake 20 mins. After 20 minutes, uncover, pour pan juices over apples and bake another 10 mins until golden and crumble crispy.

