

Baked Apples

This yummy fall dessert is loaded with vitamin C, potassium, fiber, and other nutrients. Your home will smell heavenly too!

Ingredients:

- 3 apples
- 6 tablespoons dried cherries or raisins
- 3 teaspoons sugar
- ½ teaspoon cinnamon
- 3 teaspoons butter
- 3 teaspoons chopped walnuts or pecans, optional

Directions:

1. Preheat oven to 350 degrees.
2. Slice off the top of each apple. Remove the core and seeds of each apple.
3. Add a couple of tablespoons of water to a baking dish.
4. Poke some holes in the sides of the apples to vent.
5. Stand up each apple in the dish. Fill the inside of each apple with cherries.
6. Sprinkle each with 1 teaspoon of sugar and 1 teaspoon of cinnamon.
7. Add small dabs of butter to the top of each apple.
8. If desired, sprinkle some chopped nuts on top of each apple.
9. Loosely cover the top of the baking dish with tinfoil.
10. Bake for 30-40 minutes or until apple is tender.