

Spicy Baked Apples

4 medium apples (eg granny smiths)

2 tspns soft butter or margarine

¼ cup brown sugar

¼ cup chopped dates

¼ cup chopped dried apricots

1 Tbspns chopped walnuts

1 tspn cinnamon

Maple Yoghurt

200g unsweetened yoghurt

2 Tbspns maple syrup

Remove cores from apples plus widen the hole at the top of the apple to form a well about 3 cm deep. Cut a slit around the middle of the apple.

Combine remaining ingredients together in a bowl, mix well. Divide between the 4 apples and push down into cavity.

Place apples in an ovenproof dish, cover with lid or foil and bake at 200C for 30-35 mins or until apples are tender. Serve with pan juices and maple yoghurt.

Maple Yoghurt

Mix yoghurt and maple syrup together in a small bowl and serve with baked apples

Serves 4

Health Habits: