

Recipe for: Baked Apples

Ingredients:

1 Tbsp. cinnamon
1/4 tsp. ginger
1/4 tsp. nutmeg
1/4 cup chopped walnuts or almonds
1/4 cup raisins
1/4 of a lemon
6 washed apples
Coconut or sesame oil

Preparation:

Preheat oven to 350°.

Mix spices, raisins, and chopped walnuts together.

Core each apple, removing seeds and peeling top of apples.

Place in oiled pan.

Squeeze lemon juice on top of each peeled apple.

Spoon cinnamon mixture into cored holes of each apple and on tops.

Bake for approximately 30 minutes, depending on size of apples.