

# Baked Apples

Serves 4

## Ingredients

- 4 small apples (may substitute pears)
- ¼ cup slivered almonds (no sugar or oil added)
- 2 Tablespoons raisins (no sugar added)
- 1 teaspoon cinnamon or pumpkin pie spice
- 2 teaspoons honey
- ½ teaspoon lemon juice
- ¼ cup flax meal

## Directions

1. Preheat oven to 400° F.
2. Cut ½ inch off the top of the apples, save the tops.
3. Using a spoon or paring knife, core out the apples, leaving a bottom/base intact.
4. In a small bowl, combine almonds, raisins, honey, lemon juice, and cinnamon.
5. Spoon almond mixture into apples and replace tops.
6. Fill a small baking dish with ¼ inch of water, place apples in the dish and cover loosely with tented foil.
7. Bake 20 minutes. Remove foil and bake an additional 10 minutes until apples are tender and lightly golden.