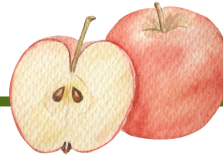


BAKED APPLES

A Mobile Market Recipe



Makes: 1-2 servings

Ingredients:

- 1 apple
- 1 Tbsp. brown sugar
- 1 Tbsp. melted butter
- 1/4 tsp. cinnamon
- 1/4 tsp. nutmeg

Instructions:

1. Preheat oven to 350.
2. Wash the apples and cut them in half from top to bottom.
3. Scoop out the core with a spoon or melon baller, and arrange the apples cut sides up in a baking dish.
4. Over each apple sprinkle half of the brown sugar, butter, cinnamon and nutmeg.
5. Bake for 30-40 minutes.

Recipe adapted from www.simple-nourished-living.com

