BAKED APPLES

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