

BAKED APPLES

INGREDIENTS

6	Roman Beauty Apples
As needed	Cinnamon
As needed	Golden Raisins
As needed	Cranberry Juice

COOKING INSTRUCTIONS

- 1** Wash apples & then core them
- 2** Place them in a glass baking dish OR aluminum tin OR a roasting pan OR a pie plate
- 3** Stuff the core with the golden raisins
- 4** Sprinkle cinnamon on top
- 5** Pour Cranberry juice over the core of each apple allowing it to splash down to the bottom of your dish
- 6** Bake uncovered for 45 minutes on the middle shelf of your oven
- 7** Gently turn the apples over trying to keep the raisins inside the core
- 8** Baste the apples with the cranberry juice
- 9** Bake another 15 minutes & then allow to cool at room temperature

You can store these in your refrigerator for a week to 10 days

ALTERNATIVE RECIPE

Instead of using cranberry juice put a 1/2 inch of water in your pan
& then cover the top of each apple with low cal maple syrup.

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