

Baked Apples - *Each family member can make their own easy, delicious dessert!*

Prep Time: 20 minutes **Cook Time:** 30 - 45 minutes **Servings:** 6

Ingredients

6 large **apples**
3/4 cup **raisins**
1 teaspoon cinnamon*
1/2 teaspoon nutmeg*
1/2 teaspoon ginger, if desired
2 tablespoons **butter**, melted
2 tablespoons maple syrup
Apple cider OR water OR **apple juice**

Instructions

1. Preheat oven to 350° F. Hollow out the apples by using a paring knife to carefully slice around the top core, but do not go all the way through to the bottom of the apple. Pull out the cut part, then use a spoon to scoop out the rest of the seeds. Remove all the seeds but leave a little bit of the bottom in place. Leave the peel on.
2. Grease an oven-safe baking dish with cooking spray or oil (8" x 8" will work best), and place the apples in the dish, bottoms down.
3. In a bowl combine raisins and spices*. Add in melted butter and maple syrup. Stir to combine.
4. Divide mixture evenly among the apples, pressing the filling into the center of each apple.
5. Pour apple cider, juice or water into the bottom of the baking dish to about 1/2 inch up the apples.
6. Cover and bake for 30 minutes, baste the apples with the liquid about every 15 minutes of the cooking time. Check for tenderness with a fork at 30 minutes; bake uncovered for additional 15 minutes if needed. The apples are done when they are fork tender.
7. Let sit for 5-10 minutes before serving. Scoop some of the liquid onto the apples. Serve with ice cream, vanilla yogurt or whipped cream, if desired. They are also delicious on their own.

*Any combination of baking spices may be used. Pumpkin pie spice, allspice, cardamom and cloves may also be used.

Items in **bold** are available from the FDPIR through the USDA food distribution site.