

Fruit and vegetables

Baked apple

What I need:



1 cooking apple



1 handful of raisins



1 dessert spoon of porridge oats



1 teaspoon of runny honey

Fruit and vegetables

Oven temperature: 190°C

Time to cook: 40 minutes

What do I do?



Set the oven to 190 (gas mark 5)

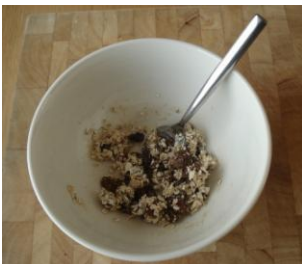


Remove apple core
(if you don't have an apple corer you can use
a potato peeler or sharp knife)



Put the cored apple in an oven proof dish

Add enough cold water to cover the bottom of
the oven proof dish



Put the raisins in a bowl

Add the porridge oats

Add the honey

Mix together

Fruit and vegetables



Fill the middle of the apple with the raisin mix



Bake in the middle of the oven for 40 minutes



Remove from the oven and enjoy

You could serve with low-fat yoghurt

