

#LetsCook30

BAKED APPLES

Servings: 6

Ready in about: 60 minutes

6 medium

MacIntosh apples (unpeeled)

1/3 cup

packed brown sugar

1/2 tsp

cinnamon

1 tbsp

margarine

INSTRUCTIONS:

1. Preheat oven to 350°F. Lightly grease 10-inch glass pie plate or spray with non-stick cooking spray.
2. Core apples, score around middle with sharp knife. Place in pie plate.
3. In a small bowl, combine brown sugar and cinnamon; spoon into centre of each apple. Top each apple with 1/2 tsp margarine. Add 1/4 cup of water to pie plate.
4. Bake uncovered at 350°F for 45 to 55 minutes or until apples are tender.

TIP:

- Serve with [homemade granola](#)

PUBLIC HEALTH

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