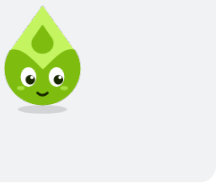
Snack

Baked Apples with Fruit and Nut Filling

Whole cored apples are packed with a chopped blend of walnuts, dried fruit, cinnamon and orange, then baked until tender. They come out soft, fragrant and ready for a spoonful of yoghurt.

45 min	122	16.9 g	16.4 g
time	calories	carbs	sugars



Vegetarian | Gluten free

Ingredients, 6 servings

- [ ] 20 g walnuts
- [ ] 30 g dried apricots
- [ ] 25 g sultanas
- [ ] 1 tsp ground cinnamon
- [ ] 20 g pumpkin seeds
- [ ] finely-grated zest and juice 1 orange
- [ ] 6 eating apples, unpeeled and cored)
- [ ] 1 tbsp water

Method

1. Heat the oven to 180°C / gas 4 before you start on the filling.
2. Tip the walnuts, dried apricots and sultanas onto a board and chop everything together until it forms a rough paste. Work in the pumpkin seeds, the ground cinnamon and the finely grated orange zest.
3. Pack the filling firmly into the cored middle of each of the eating apples so it sits snugly inside the fruit.
4. Arrange the filled apples in an ovenproof dish, add the water to the dish, then pour the orange juice over the tops.
5. Cover the dish with foil and bake for 20 minutes, then take the foil off and give the apples another 10-15 minutes in the oven.
6. Serve the warm apples with a spoonful of unsweetened plain yoghurt, or a non-dairy alternative if you prefer.

Nutrition Facts

Per serving

Calories	**122**
Total fat	4.3 g
Saturated fat	0.6 g
Sodium	Not listed
Total carbs	16.9 g
Fiber	2.4 g
Total sugars	16.4 g
Protein	2.6 g

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