

Macadamia Baked Apples

Serves: 4

Prep time: 20 minutes

Cook time: 30-45 minutes



1 serve per portion

Ingredients

4 apples (sweet variety e.g. pink lady)

¼ cup macadamias, finely chopped

½ cup rolled oats

1 tablespoon seed mix (pepitas and sunflower seeds)

2 tablespoons sultanas

½ teaspoon ground cinnamon

¼ teaspoon ground ginger

⅛ teaspoon ground nutmeg

1 teaspoon olive or macadamia oil

1 tablespoon maple syrup

¾ cup warm water

Natural yoghurt, to serve



Discretionary Food

Method

PREHEAT oven to 180°C.

REMOVE apple cores with a small knife and spoon to create a large well, leaving the bottom of the apples intact.

COMBINE macadamias, oats, seeds, sultanas and spices in a small bowl. Add oil and maple syrup and mix until well combined.

SPOON ¼ of the macadamia oat mixture into each apple. Place apples in a baking dish and pour warm water down the sides of the pan to prevent apples from drying out and burning.

BAKE in oven until apples are tender and filling is golden brown, about 30-45 minutes.

SERVE warm with natural yoghurt.

Recipe courtesy of the Country Kitchens team