



BAKED APPLES WITH CRANBERRIES

Makes 2 -4 servings.

This easy-to-make dessert is a warm, nutritious winter pick-me-up. The number of servings will depend on your appetite.

INGREDIENTS

- 4 tablespoons dried cranberries
- 2 tablespoons apricot jam
- 1 tablespoon honey
- 2 tablespoons sliced almonds
- 1/3 cup warm water
- 2 small golden delicious apples

PREPARATION

1. Preheat the oven to 375F.
2. In a small bowl combine the cranberries, jam, honey, almonds and warm water.
3. Cut the apples in half lengthwise, core with a melon scooper and peel.
4. Place the apples tightly in an oven proof dish.
5. Divide the cranberry mixture among the apples.
6. Bake the apples for about 45 minutes, until tender.
7. Serve with the accumulated juices.