

Oatmeal Honey Baked Apples

Recipe adapted from thekitchn.com

Serves 4

Ingredients

4 apples, like Jonagold, Fuji, or Honeycrisp
2 Tbsp honey
¼ cup old-fashioned rolled oats
½ tsp cinnamon
¼ tsp nutmeg
Pinch cloves
1 Tbsp butter, divided in four
1 cup hot water

Optional extras: orange zest, lemon zest,
grated ginger, chopped nuts

Directions

1. Pre-heat oven to 350°F with a rack in the lower-middle position.
2. Remove the core of the apples, cutting to within a half inch of the bottom of the apple and creating a well roughly ¾-inch wide. This is easy to do with an apple corer, but can also be done with a melon baller, grapefruit spoon, or a paring knife.
3. Mix honey, oats, cinnamon, nutmeg, cloves, and any optional extras in a bowl. Divide this mixture between the apples, packing the wells firmly.
4. Arrange apples in a baking dish (like an 8x8 Pyrex dish), and top each one with a pat of butter. Pour the water into the bottom of the dish and cover loosely with aluminum foil.
5. Bake for 20 minutes and remove foil. Continue baking uncovered until the apples are soft, an additional 20 to 30 minutes. You can test the apples by poking a paring knife through the oatmeal mixture and into the interior of the apple; it should slide into the apple easily with no resistance. The skin on the apples will also become wrinkled and soft by the end of cooking.
6. Leftovers will keep for up to a week and can be reheated in the microwave or eaten cold.



Nutrition Information per serving: 170 calories, 3.5g fat, 2g saturated fat, 10mg cholesterol, 0 mg sodium, 37g carbohydrates, 5g fiber, 1g protein