

BAKED APPLES

Use as many apples as you need for the meal. Use medium to large apples in good condition. Core and peel off a slice from the top and a slice from bottom to make them stand straight. Use a microwave safe dish with a cover.

Sprinkle apples with a mixture of cinnamon and brown sugar or use maple syrup and a little brown sugar. Dot with butter or margarine. Centers can be stuffed with raisins or nut if desired.

Add 2 tablespoons apple juice or water to dish. Cover and microwave 4 to 8 minutes or until tender.