

BAKED APPLES WITH BROWN SUGAR

This is a great way to use up apples that have gone a bit soft or have brown spots, and makes a lovely and very cheap week day pudding. Just cut off any extra soft or brown parts of the apple.

SERVES 4

INGREDIENTS

- Apples (absolutely any variety or any mix) - One medium apple per person is about the right portion for a small dessert. This recipe uses 4 apples (just for context so you can scale up or scale down as needed)
- Sugar - brown sugar is best, but use what you've got. About 2 heaped dessert spoons
- Cinnamon - 1 teaspoon
- Raisins, currants or sultanas - a small handful (about 30-40grams)
- Butter - about a tablespoon
- Ice cream/cream/something naughty to serve

METHOD

- Cut the apples into large chunks (roughly quarters) and cut out the core.
- Throw the apples into a deep baking dish.
- Sprinkle in the cinnamon, sugar and raisins or sultanas, giving the whole thing a good toss so every apple is coated.
- Tear the butter into small chunks and scatter around the baking tray.
- Bake at 180c for 20 mins, taking the baking tray out half way through to give them a shake.
- Spoon into bowls and top with the cream or ice cream of your choice (we suggest simple vanilla ice cream!)

