

Oatmeal-Brown Sugar Baked Apples

Adapted from The Kitchn by Tilth Alliance
Makes 4 servings

Ingredients

4 apples (such as Fuji or Honeycrisp)
1/4 cup packed brown sugar
1/4 cup rolled oats
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
Pinch ground cloves
1 tablespoon butter, cut in 4 pieces
1 cup hot water

Instructions

Preheat oven to 375°F.

Remove the core of each apple, but do not cut all the way through. Stop cutting a half inch before the bottom of the apple and create a well roughly 3/4-inch wide. This can be done with an apple corer, melon baller, grapefruit spoon, or a paring knife.

Place the brown sugar, oats, cinnamon, nutmeg, and cloves in a medium bowl and stir to combine. Spoon the mixture evenly into the well of each apple, packing firmly.

Arrange the apples in an 8x8 baking dish and top each one with a piece of butter. Pour the hot water into the bottom of the baking dish and cover loosely with aluminum foil.

Bake for 20 minutes. Uncover and continue baking until the apples are soft and the brown sugar has melted into a syrup, 20-30 minutes more.

Test the apples for doneness by poking a paring knife through the oatmeal mixture and into the apple flesh. 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.

Note:

- To make the recipe gluten free, ensure the oats are gluten free.
- To make the recipe dairy free, use coconut oil in place of butter.



Photo credit: The Kitchn website