

No Bake -- Baked Apples



Ambrosia



Mcintosh



Opal



Granny Smith



Honeycrisp

What is the old saying "An **Apple** A Day Keeps the Doctor Away"

I think that is probably true. Think of all the fiber. Especially if you buy organic and eat the skin. Think of all the vitamins and minerals they offer. To name just a few: Vitamin A, C, Folate, Choline, Calcium, and Potassium. Plus they are loaded with water to help move that fiber thru your system.

However, apples should be eaten ALONE between meals and NOT with fats or protein as we are doing here. A secret to loosing weight and keeping it off. This should ONLY be an OCCASIONAL treat.

For baking apples and making applesauce, my grandmother preferred the softer and semi-sweet McIntosh. I happened to have an Ambrosia on hand last time I made this scrumptious dessert.

Those who prefer a more tart apple will like Granny Smith, a nice firm tart apple. For eating apples my favorite is always Honeycrisp.

Since I am not keen on turning on the oven for small amounts of food and I am cooking just for one, I choose to use a small ceramic skillet for my Baked Apples. It is so simple and so easy. Just put a dab of organic butter in the skillet over a med-low heat. Add a spoonful of local organic honey, along with several good shakes of cinnamon and a tiny pinch of salt.

While the butter melts and the honey dissolves: wash, remove the core of one apple and slice semi-thin. If it is organic you can leave the skin on. Stir honey, butter and cinnamon to combine. Add your apple slices and stir well to coat. Cook covered until apples are semi-soft. Stir frequently. Should be ready in about 10-15-minutes. Some folks prefer a hand full of raisins. If so, reduce the honey.

Sprinkle with toasted organic coconut and raw organic pecans. Stir well. Place a couple of spoonfuls in a small dish and cover with heavy fresh cream. This will actually make enough for 2-4 servings. It is so rich and sweet it only takes a few bites to satisfy your sweet tooth.

1 Apple + 1 T Butter + 1 T Honey + 1 t Cinnamon + pinch of salt +
Sprinkle of Toasted Coconut & Pecans & Serve with Heavy Fresh Cream