



Baked Apples



You will need:
(serves 4)

- 4 cooking apples
- 25g of dried fruit
- a little low-fat custard (optional)
- baking tray
- oven glove
- baking paper
- apple corer
- fork
- washed hands!



1 Ask an adult to turn the oven on and preheat it to 160 °C/ Gas Mark 3. While the oven heats up, ask an adult to help you take out the cores of the apples.



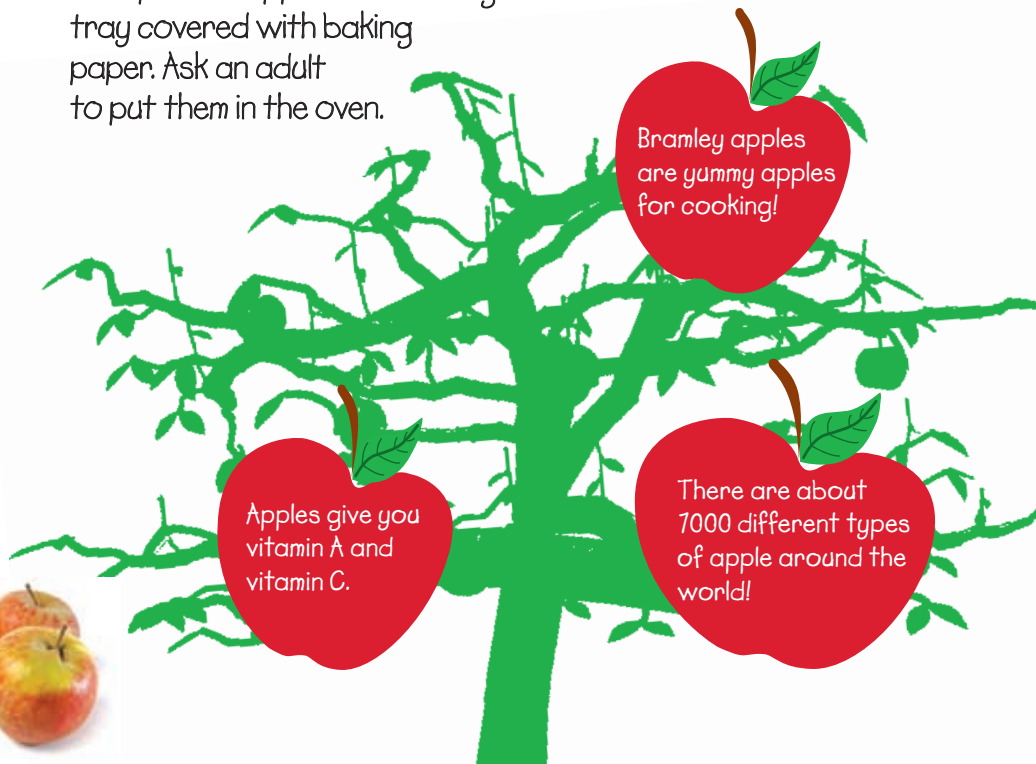
2 Fill up the holes with dried fruit. Then prick the sides of the apples 4 times with a fork. Now put the apples on a baking tray covered with baking paper. Ask an adult to put them in the oven.



3 After about 25 minutes ask an adult to help you take the apples out of the oven.



4 Serve the apple with a teaspoonful of low-fat custard. Enjoy!



Bramley apples are yummy apples for cooking!

Apples give you vitamin A and vitamin C.

There are about 7000 different types of apple around the world!