Let's get cooking

Baked Apples

This tasty dessert is a great autumn treat. These foil parcels can also be baked on a barbecue.

(UP TO 30 MINS) · (oven glove) · (V) · (SUITABLE 1-5 YEAR OLDS)

Nutritional information per portion (163g):

Energy 420kJ 100kcal 5%	Fat <0.5g 0%	Saturates <0.1g 0%	Sugars 25g 28%	Salt 0.02g 0%

of an adult's reference intake.
Typical values per 100g: energy 258kJ/61kcal.

Equipment

Chopping board

Sharp knife

Foil

5ml spoon

Oven gloves

Baking tray

Pan stand

Ingredients

Serves 4

4 cooking apples

4 x 5ml spoons brown sugar

1 x 5ml spoon ground cinnamon

4 x 5ml spoons sultanas (optional)

1 x 5ml spoon water

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.

Method

1. Preheat the oven to 180°C/160°C fan or gas mark 4.
2. Wash, core and cut the apples into 1cm thick slices.
3. Make four squares of foil about 20cm square.
4. Place the apple slices onto the foil (1 apple per foil square).
5. Sprinkle each foil square with 1 x 5ml spoon of brown sugar, ¼ x 5ml spoon of cinnamon, 1 x 5ml spoon of sultanas (if using) and a few drops of water.
6. Wrap your foil parcel up and place in the middle shelf of the oven, on the baking tray for 20 minutes.
7. Be careful when you open the foil parcels as they will be very hot and steamy. Allow to cool for a few minutes before eating.

Prepare now, eat later

- Prepare just before baking to prevent the apples from going brown.
- Save any cooked apple, chill and serve the next day with natural low-fat yoghurt.

Get more from your food

- Apples stay fresher for longer in the fridge kept in a loosely tied plastic bag. Sliced apple also freezes well - squeeze the juice of half a lemon into a bowl of water and drop them in as you are chopping them up, then freeze in a single layer before packing into a bag once frozen.

Something to try next time

- Try making different fruit parcels. You could add a few blackberries or use pears.

Skills used include:
Washing, measuring, chopping and baking.

BDA The Association of UK Dietitians