

Granola & maple syrup baked apples

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Preparation 25 mins | Cooking 35 mins | Serves 6

- 1 cup granola
- ½ tsp ground cinnamon
- ½ walnuts, chopped
- 2 tbs pepitas
- 50g butter, melted
- 6 apples*
- 2 tbs maple syrup + extra to serve
- Thick Greek-style yoghurt or vanilla ice-cream, to serve

STEP 1 Preheat oven to 180°C/160°C fan-forced. Combine granola, cinnamon, walnuts, pepitas and butter in a bowl. Mix until well combined.

STEP 2 Using a small sharp knife, cut a deep circle around the apple stem and remove the top, set aside. Using a small teaspoon, scoop out core and seeds to form a cavity. Spoon granola mixture into each.

STEP 3 Arrange apples in a greased baking pan. Drizzle apples with maple syrup and bake for 35-40 minutes or until just tender. Serve with thick Greek yoghurt or vanilla ice-cream.

**Note, Golden Delicious, Fuji and Granny Smith apples are best for baking.*

Good for you... **APPLES**

Apples contain a source of dietary fibre and natural sorbitol. Both fibre and sorbitol help keep us regular. A good source of vitamin C, among its many functions, contributes to healthy gums. Low GI meaning the natural sugars are digested slowly, releasing energy gradually.

