

**Oatmeal Stuffed Baked Apples**



**4-8 SERVINGS**

Nutrition Facts per Serving:

Calories: 105 Protein (g): 1.5

Fat (g): 3 Carbohydrate (g): 26

# Ingredients:

4 medium apples, Honeycrisp
1/4 cup brown sugar (dark or light)
1/4 cup old-fashioned rolled oats
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
Pinch ground cloves
1 tablespoon butter, divided in four
1 cup hot water

**Instructions:**

1. Preheat oven to 375°F with a rack in the lower-middle position.
2. Remove the core of the apples, cutting to within a half-inch of the bottom of the apple and creating a well roughly 3/4-inch wide. This is easy to do with an apple corer, grapefruit spoon, or a paring knife.
3. Mix the brown sugar, oatmeal, cinnamon, nutmeg, cloves, and any extras in a bowl. Divide this mixture between the apples, packing the wells firmly.
4. Arrange the apples in a baking dish (like an 8x8-inch Pyrex dish), and top each one with a pat of butter. Pour the water into the bottom of the dish and cover loosely with aluminum foil.
5. Bake for 20 minutes and remove foil. Continue baking uncovered until the apples are soft and the brown sugar has melted into a syrup, an additional 20 minutes. You can test the apples by poking a paring knife through the oatmeal mixture and into the interior of the apple; 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.