

Baked Apples

(note, this recipe is made to taste, measurements aren't exact.)

Preheat your oven to 400 degrees Fahrenheit.

Prep a baking sheet by covering it with tin foil, and pouring a small amount of water into the pan. Just enough to cover the entire sheet.

Wash, cut, and halve a large apple (one apple per person you want to serve.) Place the apples on the sheet pan, then dot the apples with butter (about three pea-sized dollops per apple half.)

Sprinkle the apples with a blend of cinnamon and sugar, just a dusting overtop. Drizzle each half with a small amount of maple syrup, then bake the apples for 20-30 minutes, until softened. The skin should have lost its original color and be a bit wrinkled.

Serve with a dollop of yogurt, ice cream, toasted pecans, or an extra sprinkling of cinnamon sugar.