

Stuffed Hippo Apples

INGREDIENTS:

2 apples (Gaia or Fuji)

2 tbsp butter

4 tbsp crushed walnuts or pecans

1/4 tsp cinnamon

2 tbsp maple syrup

DIRECTIONS:

1. Core the apples 3/4 of the way (so you have 2 apple cups!)
2. Layer the ingredients inside each apple. First 1 tbsp butter then 2 tbsp nuts, then 1 tbsp syrup, then 1/8 tsp cinnamon
3. Bake for 30 minutes at 400°

*Remember to always cook with a grown-up!

Find more healthy Rhino Recipes inside Tiny's cookbook at: www.whinyrhino.com/rhino-recipes

