

Recipe For: **Baked Apples**



Ingredients:

6 Whole Apples
Vanilla Extract
Ground Cinnamon
Ground Nutmeg
Ground Allspice
Ghee (or Butter)



Directions:

Cut apples in half and remove the seeds with a spoon (leave skin on). Place apples in baking pan and sprinkle the apples liberally with ground cinnamon, nutmeg, and allspice. Add a few drops of vanilla extract to the center 'hole' you created by taking out the seeds. Add about one half (1/2) teaspoon of ghee (or butter) to each apple half. Bake at 350°F for 35 to 40 minutes (length of cook time depends upon the size of the apples).

Top with a scoop of vanilla ice cream and enjoy!



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