



# Baked apple

Prep: 15 minutes • Cook: 30 minutes • Serves: 4



## Ingredients

4 dessert apples  
(for example Gala, Braeburn, Pink Lady, Cox, Golden Delicious)  
50g unsalted butter, softened  
80-100g blueberries (fresh or frozen and defrosted)  
15g light soft brown sugar

## To serve

100ml double cream  
or soya vanilla ice cream

- 1** Heat oven to 180°C / 160°C / gas mark 4. Using an apple corer, core the apples and make the opening slightly larger for filling.
- 2** Mix the softened butter, blueberries and sugar until combined, and then stuff into the four apple cavities.
- 3** Put the apples into a small roasting dish and add 4 tablespoons of water into dish.
- 4** Bake for 25-30 minutes, depending on size of the apples, until they are soft and caramelised. Serve with a drizzle of double cream.

## Nutritional info

Low phosphate ✓  
Low potassium ✓  
Low fat (less than 3g/100g) ✗  
Carbohydrate **26g**  
Low protein ✓  
Low salt ✓  
Cost per portion (December 2022) **81p**  
Energy in kcals **325**