

BAKED APPLE

Ingredients

1 eating apple

1 dessert spoon sultanas or other dried fruit

1 dessert spoon honey

1 teaspoon brown sugar

Pinch mixed spice or cinnamon

1 teaspoon butter

Method

Peel the apple with a potato peeler. If you have one, remove the core with an apple corer to leave you with a whole apple with a hole down the centre. If you don't have a corer, don't worry, just cut apple in half and carefully remove the core from the two halves with a knife.

Mix butter, spice, sultanas, sugar and honey in a cup.

Pack the fruit into the hole in the apple, as much as can be squeezed in.

Place on baking sheet or dish. If your apple is halved, place the two halves on baking sheet cut side up and cover with the fruit mix.

Cover with foil.

Place in oven set to 160°C / gas mark 3 / 325°F

Cook for 30 minutes.

Leave to cool for 10 minutes. The sugar will be VERY hot and will burn your mouth.

Serve with warm custard.