



AITKIN FARMERS' MARKET

Seasonal Recipes

Baked Apples



FEATURING FROM MARKET

WITH APPLES



SERVINGS

1



COOK TIME



TOTAL TIME

INGREDIENTS

- 1 medium apple
- 1 tablespoon brown sugar
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1 teaspoon butter



DIRECTIONS

1. Skin and core the apple, leaving the bottom intact.
2. In a bowl, mix sugar, nutmeg, and cinnamon.
3. Spoon the mixture into the apple and set butter on top.
4. Place in a microwavable dish and cover. Microwave on high for 3-4 minutes or until tender.
5. Let the apple sit for 2 minutes before serving.