

Baked apples with marzipan

Serves 4

butter, for greasing

4 large apples

2tbsp marzipan

1tbsp honey

1-2tbsp finely chopped almonds

1-2tbsp raisins

2tbsp low-fat milk

- 1 Grease a baking dish and preheat the oven to 180°C/gas mark 4. Core the apples and use a sharp knife to cut off any bits of apple flesh. Crumble the marzipan, and mix with the apple flesh and the rest of the ingredients in a bowl.
- 2 Stuff the apples generously with the mixture, letting it pile up on top. Place the apples in the prepared baking dish and bake in the oven for about 40 minutes. Serve warm.

Fat	7g	Carbs	33g	Energy	193kcal
Protein	3g	Sodium	0g	Fibre	5g



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