Farm Fresh Revolution

Baked Apples

*Serves 4 *35 mins *Easy

Ingredients

4 **apples**, *(any kind)*

4 tbsp **oats**

1 tbsp **butter**, melted or very soft

1 tbsp **brown sugar**

Pinch of **cinnamon**

To Serve:
Cream, yoghurt or ice cream

Method

1.Heat your oven to 180°C. Half your apples through the centre and take the inside core out using a small knife / teaspoon.

2.Mix the oats, melted butter, sugar, and cinnamon in a small bowl to make the topping.

3.Top each half apple with the crumble topping.

4.Bake for 15-25 minutes until the apples are soft and the topping is golden (timing depends on the size of the apples) They're done when a knife slides in easily.

To Serve: Serve warm with a spoonful of cream, yogurt, or a scoop of ice cream.

Facts about Apples

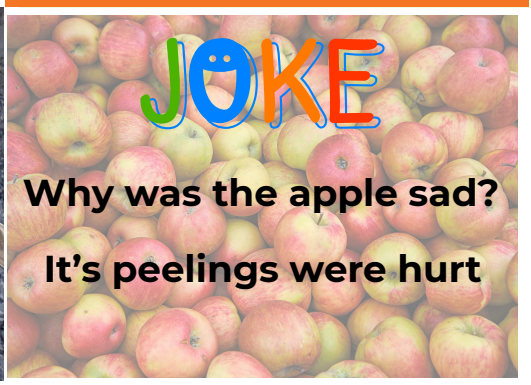
1) Most of the healthy fibre and antioxidants in apples reside in the peel.

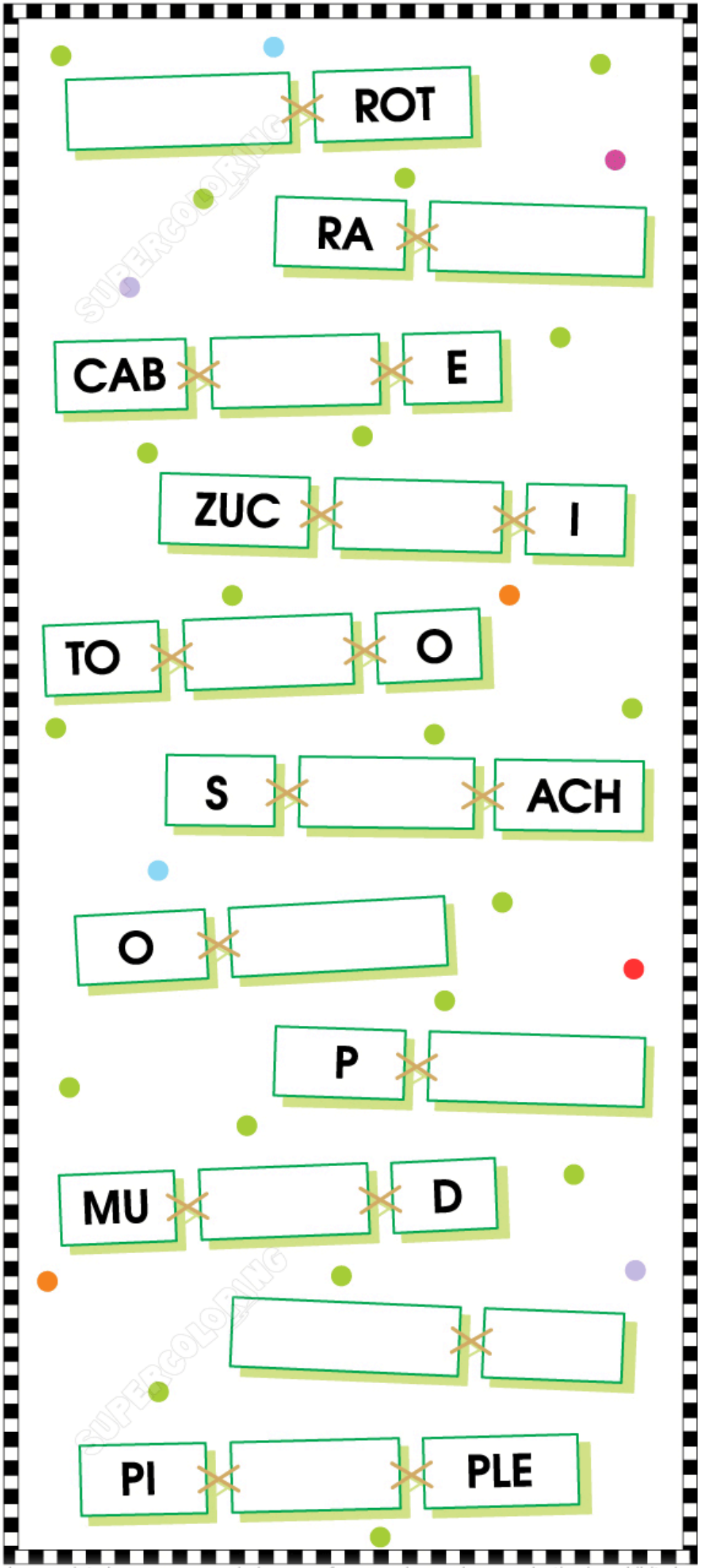
2) About 25% of an apple's volume is air, which is why apples float in water.

3) Apples are related to pears, peaches, plums, and cherries.

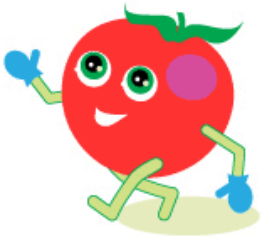
4) Apples belong to the rose family.

5) There are more than 7,500 different varieties grown around the world.

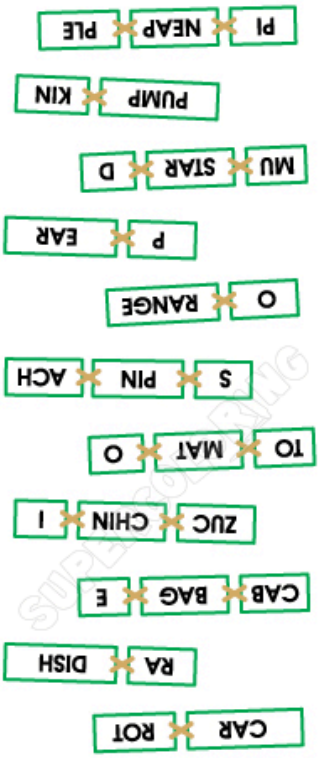




Fill in the blanks with the words BAG, CAR, CHIN, DISH, EAR, KIN, MAT, NEAP, PIN, PUMP, RANGE, STAR to reveal the names of 11 edible plants (mostly fruits and vegetables).



ANSWER:



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