

'What's Cooking!' Recipe Cards

MICROWAVED BAKED APPLE**Food Fact:-**

Apples have fibre, especially in the skin, and are great roughage to add to your diet. This can help you avoid constipation and will aid in digestion. If you are concerned about your weight you may be interested to know that the fibre in apples will help you to fill up so you won't feel like filling up on something else.

Serves 1-2

Preparation time 5 mins**Cooking time** 4 mins**MICROWAVED BAKED APPLE****Ingredients**

1. Remove the stem and core from the apple.
2. Place the apple in a coffee cup or in a small dish with sides or a small bowl.
3. Combine light brown sugar with raisins. Fill the hole in the apple with this mixture. Sprinkle some outside the core also.
4. Pour ginger ale over the mixture and over the entire apple.
5. Bake in microwave oven (600 watt oven requires 4 minutes if at high each apple is baked separately).
6. Serve with low fat yoghurt or crème fraises

2-3 tbsp. light brown sugar
1 cup ginger ale
Raisins

Filling could also include other fruit & nuts