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## Dessert

# Hot and Sweet Baked Apples

## Helpful Hints

- **Try pears or peaches if you don't have apples.**
- **Need a healthier dessert? Try this and other baked fruit options to cut calories.**
- **Pair this with your morning oatmeal to add flavor.**

# Hot and Sweet Baked Apples

**Serves 4**

## Ingredients

4 large apples  
¼ cup brown sugar  
1 teaspoon cinnamon  
¼ cup raisins  
¼ cup chopped  
Pecans (optional)  
¾ cup boiling water

## Directions

1. Preheat oven to 375 degrees F.
2. Using a knife, core the apples, removing the stem and seeds, but do not cut through the bottom.
3. In a bowl, mix brown sugar, cinnamon, raisins, and pecans.
4. Place apples in a baking dish and spoon filling into each apple.
5. Pour boiling water in bottom of a baking dish. Bake 30 to 45 minutes, until apples are tender.
6. Remove pan from oven and spoon juices in pan over cooked apples.