



Krispy Quick Baby Baked Apples

Finish in a flash with 4-minute microwave baking

- 2 Tablespoons organic mixed berries and raisins
- 2 Tablespoons hot water
- 1/2 cup pitted dates, halved
- 1/2 cup water
- 2 Tablespoons coarse chopped walnuts
- 2 Tablespoons rolled oats
- 1 Tablespoon almond butter
- 1/2 teaspoon ground cinnamon
- 2 small or junior size (Misfits) apples, peeled, cored
- Serve with: Greek plain or flavored yogurt

Soften Dried Fruit: In small bowl, stir dried berry mixture with about 2 Tablespoons hot water; set aside to soften. When softened, drain fruit from liquid. Reserve fruit and liquid separately.

Make Easy Date Sauce: Place pitted dates and 1/2 cup water in microwave safe bowl. Cook for 2 minutes on high power in microwave or until soft; let rest about 10 minutes; place soft dates with liquid into small food processor; process to form smooth date sauce. For a thinner consistency, mix the reserved liquid from the dried fruit into the sauce.

Lightly grease 2 (1 cup) microwave safe custard cups

Make Crumb Mixture: In small bowl, combine walnuts, oats, almond butter, and cinnamon. With a fork, pastry blender, or your fingers, combine into a crumbled crumb mixture.

Prepare Apples: Peel apples, cut each apple into 4 chunks. (cut them smaller for young children.) Discard core/seeds. Place 4 large apple chunks along sides in each custard cup, leaving a space in center.

Toss well drained raisins mixture with crumbs. Spoon half of sauce over apples in both cups; sprinkle half of crumb mixture into center of apple wedges and over the top. Drizzle remaining half of date sauce over apples in cups. Sprinkle with remaining crumb mixture.

Cook in Microwave Oven: Arrange apple cups in microwave safe baking dish. Cook on high power for 4 minutes or apples are tender. Cool several minutes. Top each dessert with dollop of chilled yogurt. Serves: 2

Cook's Note: Misfit apples are the perfect size for children or anyone who wants a smaller portion. Use smaller apples that fit into custard cups. If you can't find organic raisins and berry dried fruit, just use raisins. To make it even easier to make: I mix up date sauce ahead of time and keep it in the refrigerator to use as a natural sweetener for lots of recipes.

About the Recipe: It's a baked apple and apple crisp wrapped up in one sweet treat. It doesn't contain any refined sugar but uses natural fruits to sweeten the dessert and almond butter in place of butter. It's filled with natural apple flavors, a touch of cinnamon. and topped with an oat-nut crisp crunch. Serve it with dollops of your favorite chilled yogurt.