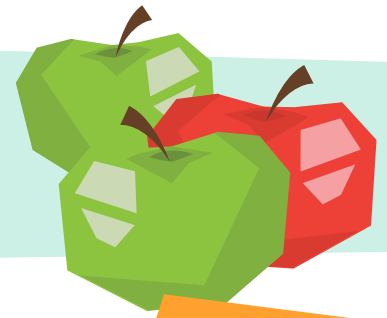




# MIXER'S BAKED APPLES



**MAKES 4**



## INGREDIENTS

- 4 cooking apples
- 90g of dried fruit
- a teaspoon of low-fat natural yoghurt (optional)

## EQUIPMENT

- baking tray • oven glove • baking paper •
- apple corer • fork • washed hands! •

**1**



Ask an adult to turn the oven on and preheat it to 160°C / Fan 140°C. While the oven heats up, ask an adult to help you take out the cores of the apples.

Line a baking tray with baking paper and put the apples on the tray, holes facing up. Fill the holes of the apples with the dried fruit. Then prick the sides of the apples four times with a fork.

**2**



Bake for about 25 minutes. Don't worry that the apple might ooze out of the holes.

Serve each apple with a teaspoonful of low-fat natural yoghurt. Enjoy!

**3**



There are about **7000** different types of apple around the world!



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