HEARTY & GROUNDING

Baked Apples with Oats, Dates and Walnuts

PREP	COOK	SERVES
15 min	40 min	4

Vegan Vegetarian

Whole apples stuffed with cinnamon oats, dates and walnuts and baked until soft. Naturally vegan.

Ingredients

- 4 large firm apples
- 40 g rolled oats
- 60 g dates, chopped
- 40 g walnuts, chopped
- 2 tbsp maple syrup
- 2 tbsp coconut oil, melted
- 1 tsp ground cinnamon
- A pinch of salt
- 100 ml apple juice

Method

1. Heat the oven to 180°C.
2. Core the apples, leaving the base intact, and score a line around the middle of each.
3. Mix the oats, dates, walnuts, maple syrup, coconut oil, cinnamon and salt.
4. Pack the filling into the apples and stand them in a baking dish. Pour the apple juice around them.
5. Bake for 35 to 40 minutes until soft. Spoon the syrup from the dish over the top.

Cook's tip

Scoring the skin stops the apples from bursting in the oven.