

Baked Apple



Ingredients:

- 2 apples
- 2 T brown sugar
- 1 t ground nutmeg
- 1 t ground cinnamon
- 1 t butter/ or margarine

Directions:

1. Core the apples, leaving the bottom intact.
2. In a bowl, mix the brown sugar, cinnamon and nutmeg. Spoon the sugar mixture into the apples and set 1/2 t of butter on top of each apple. Place the apples in a deep casserole dish and cover.
3. Microwave for 4 minutes or until tender. Let the apples sit for a couple minutes before serving.

Makes 2 servings.



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