

Baked Apples

4 large Granny Smith or Pippin apples

½ cup boiling water

½ tsp cinnamon

1 T. honey (optional)

1 tsp lemon zest

1 cup currants or raisins

¼ cup walnuts, pecans or almonds, coarsely chopped

yogurt, as needed, for topping

Core and remove peel from upper fourth of apples. Bring ½ cup water to boil in a shallow pan. Place apples in water, peeled side down. Bring to a boil, lower heat and simmer until almost tender when pierced with a toothpick (about 10 minutes) Turn apples peeled side up—place in baking dish. Sprinkle with cinnamon, lemon zest and honey. Fill centers with currants or raisins and nuts. Transfer to oven, bake at 375° until golden brown and juice is oozing out of split in apple skin. Serve with plain or vanilla yogurt.