



BAKED APPLES WITH PRUNE GRANOLA

 **Prep:** 10 minutes plus soaking

 **Cook:** 35-40 minutes

 **Serves:** 4

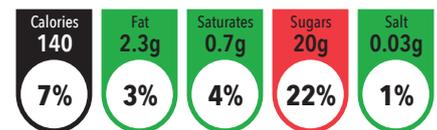
INGREDIENTS:

- 30g raisins
- 50g prunes, chopped
- 50g granola
- ½ tsp **LoSalt**
- 2 medium Bramley apples, cored (400g)
- ¼ tsp ground ginger plus extra to serve
- Fat free Greek yogurt

METHOD:

1. Preheat the oven to 180°C, gas mark 4.
2. Mix together the raisins, prunes, granola and 4 tbsp boiling water in a small bowl and leave for 4-5 minutes until soaked in. Stir in the **LoSalt**.
3. Halve the apples horizontally and place in a serving dish so they fit snugly in 1 layer.
4. Sprinkle with ginger and spoon the granola mix on top.
5. Add 3-4 tbsp boiling water to the dish then bake for 10 minutes, cover with foil and bake for a further 25-30 minutes until the apples are tender.
6. Serve with Greek yogurt and a sprinkle of ginger.

Each serving contains



of your guideline daily amount

COOKS TIP:

Try using dried cranberries instead of the raisins and sprinkle with ground cinnamon instead of ginger.