



## BAKED APPLES



### INGREDIENTS

4 dessert apples

150g mixed berries (fresh or frozen)

ground cinnamon

150ml plain **yogurt**

200g fresh berries

### EQUIPMENT

chopping board, sharp knife,

apple corer, foil

**SERVES:** 4

**PREP TIME:** 20 minutes

**ALLERGENS:** milk

**COOK TIME:** 15-20 minutes

### METHOD

- 1** Wash the apples and carefully remove  $\frac{3}{4}$  of the core - try to leave the base of the apple intact. Then score a line around the middle of the apple skin (this will prevent the apple from splitting while cooking).
- 2** Place each apple in a piece of foil. Add the berries into the 'core' of each apple and then sprinkle with a little cinnamon.
- 3** Wrap the apples in the foil and then place on the barbeque for 15-20 minutes, turning regularly, until cooked. Alternatively, bake in a pre-heated oven (200°C) for 15-20 minutes.
- 4** Once cooked, leave to cool for 4-5 minutes (as they will be very hot!), then serve with a selection of berries and a spoonful of yogurt.



## AFALAU POB



### CYNHWYSION

4 afal bwyta

150g aeron cymysg (ffres neu wedi'u rhewi)

sinamwn powdr

150ml iogwrt plaen

200g aeron ffres

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### OFFER

bwrdd torri, cylllell finiog,

torrwr canol afal, ffoil

**DIGON I:** 4

**AMSER PARATOI:** 20 munud

**ALLERGEDD:** Ilaeth

**AMSER COGINIO:** 15-20 munud

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### DULL

- 1** Golchwch yr afalau ac yn ofalus, tynnwch  $\frac{3}{4}$  or canol allan – ceisiwch adael gwaelod yr afal yn gyfan. Yna, torrwr linell o amgylch croen yr afal (bydd hyn yn atal i'r afal rhag torri tra'n coginio).
- 2** Rhewch bob afal mewn darn o ffoil. Ychwanegwch yr aeron I ganol yr afal a'i ysgentio gyda ychydig o sinamwn.
- 3** Lapiwch yr afalau yn y ffoil a'u rhoi ar y barbeciw am 15-20 munud gan eu troi yn rheolaidd nes eu bod wedi coginio. Neu, fel arall, coginiwch mewn popty (200°C) am 10-15 munud.
- 4** Gadewch i oeri am 4-5 munud wedi'u coginio (byddant yn boeth iawn!). Gweinwch gyda'r aeron a llwyaid o iogwrt.