

Stuffed Baked Apples



Sirve:

6 servings, 1 apple per serving

Pieza:

5 Qt./4.7 L Multi-Purpose Oil Core
medium mixing bowl

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

Warm baked apples stuffed with sweet and fragrant apple bits and nutty, buttery crumble topping are a delicious fall treat. Serve the apples with a dollop of yogurt, ice cream or your favorite non-dairy frozen dessert.

- (78 g) 6 Gala apples (or other baking apples), rinsed
- (90 g) $\frac{1}{2}$ cup rolled oats
- (27 g) $\frac{3}{4}$ cup organic pastry flour or unbleached white flour
- (73 g) $\frac{1}{4}$ cup pecans, chopped
- (73 g) $\frac{1}{2}$ cup brown sugar
- (73 g) $\frac{1}{2}$ teaspoon ground cinnamon

- (1
g) ¼ teaspoon
ground cardamom
- (.5
g) ¼ teaspoon
sea salt
- (2
g) ½ cup
organic sweet butter, chilled and cut into small pieces
- (114
g) 1 lemon, juiced

Preparación :

1. Trim a little off of the bottom of each apple, if necessary, so they sit up straight. Slice off the top fourth of the apple. Using a melon baller or a small spoon, first scoop out seeds in center of each apple and discard. Scoop out just enough of the flesh in the apple to form a bowl shape.
2. Chop up apple tops and scooped out flesh in small dice. Place in a mixing bowl.
3. Combine rolled oats, flour, pecans, brown sugar, cinnamon, cardamom and salt in a bowl. Mix to combine. Cut the butter into flour mixture with two forks or a pastry knife until mixture is crumbly.
4. Place half of the crumble mixture into the bowl with apple pieces. Stir to combine.
5. Divide mixture, with apple pieces, evenly between apples and pack into scooped out center with a spoon.
6. Place each apple into MP5 when it is filled. Top stuffed apples with remaining crumble topping, dividing evenly between each apple.
7. Squeeze lemon juice over top of apples.
8. Place cover on MP5 and set temperature to 350°F/175°C. When Vapo-Valve™ begins to click steadily, reduce temperature to 225°F/110°C and cook for 50 - 60 minutes until apples are soft.
9. Serve apples warm.

Consejos:

- For a gluten-free apple filling, substitute pastry flour for gluten-free flour mix.
- Substitute butter for coconut oil.
- If you like a crispier topping, remove apples from MP5 and place in the 11 in. (27.9cm) Skillet. Transfer skillet to the oven and broil apples for a few minutes.

Información nutricional por ración

Calorías: 392
 Grasa Total: 20g
 Grasa 10g
 Saturada:
 Colesterol: 41mg
 Sodio: 83mg
 Carbohidratos: 50g
 Fibra 7g
 Dietética:
 Azúcar: 22g
 Proteína: 5g