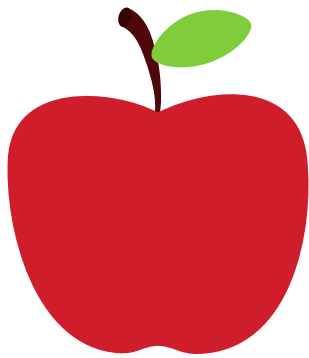


# Baked Apples

## Ingredients

- 2 large apples cut in half
- 2 TB butter melted
- 2 TB brown sugar
- 2 TB all purpose or gluten free flour
- 4 TB quick cook oats
- pinch of cinnamon



## Instructions

- 1 Preheat oven to 350°F.
- 2 Cut apples in half and remove core and seeds with a small pairing knife or spoon.
- 3 In a small bowl combine butter, brown sugar, flour, oats and cinnamon. Spoon on top of the apple halves and sprinkle with cinnamon.
- 4 Place on a cookie sheet and bake in the oven for 30 minutes.

