

Let's Make Hearty Soups February 2015

Honey Baked Apples

Servings: 6-8

Preheat oven: 350°F

Ingredients:

6-8 apples, sliced as for pie

2 Tablespoons butter

$\frac{1}{4}$ teaspoon cinnamon

2 Tablespoons butter

$\frac{1}{4}$ cup honey

juice of 1 lemon

Directions:

- 1) Place apples in 2-quart casserole.
- 2) Mix the flour with the apples.
- 3) Sprinkle cinnamon over the apples. Drop honey by the teaspoon over the apples. Cut the butter into pats and lay on top of apples. Pour lemon juice over the top.
- 4) Cover the casserole dish and bake for 40 minutes or until apples are soft.
- 5) Serve topped with fresh cream or yogurt.

Resources:

ARCHES website: www.archesinc.org

Healthy Home Economist: <http://www.thehealthyhomeeconomist.com>

Weston A Price Foundation: <http://www.westonaprice.org/>

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nutrition and the arts."*