

Recipe of the Week: Paleo Edition

September 16, 2011 Newsletter

Baked Walnut-Cinnamon Apples

- 4 Apples
- 1 cup of Raisins
- ¼ cup of Chopped Walnuts
- ¼ tsp of Cinnamon
- ½ tsp Natural Vanilla Extract
- ½ cup of Water

Heat over to 375 degrees.

Core and pierce apples with a fork in several places around the center, to prevent them from bursting. Mix **raisins**, nuts, cinnamon, and vanilla in a small bowl. Fill center of each apple with this mixture. Place in a glass baking dish, and pour water into pan. Cover with foil, and bake for about thirty minutes or until tender.

Serves four.

