



Warm Baked Apples with Dried Cherries, Raisins and Blueberries

6 Golden Delicious or Granny Smith apples

3 tablespoons frozen orange juice concentrate

1 cup dried cherries, blueberries, and raisins

½ cup light brown sugar

6 teaspoons honey

2 tablespoons safflower or canola oil

Brush 6 cupcake molds with the oil to prevent sticking. Use melon baller to scoop the stem and the core of each apple, poke a few holes into the top of the apple with a fork to prevent the heat from splitting them, and then place into cupcake molds. Place a half tablespoon of orange juice concentrate each into the center of each apple. Fill with

dried fruits and sprinkle brown sugar over the tops. Drizzle with honey and bake at 300° for 30 minutes or until apple is soft. Serve warm

Yield: 6 servings

Serving Size: Each serving provides a fruit vegetable serving (1/2 cups) at snack for children 3-5 years.