



AB's Honey and Cinnamon baked apples

Baked apples served with honey yoghurt and the option to add bee pollen for remarkable flavour

PREP TIME: 20 MIN

COOK TIME: 35 MINUTES

INGREDIENTS

- 1/2 cup sultanas
- 1 tbsp brandy (optional)
- 1/2 tsp ground cinnamon
- 1 orange finely grated zest and juice
- 2 tbsp sliced almonds
- 6 tbsp AB's Ironbark honey
- 4 cooking apples
- 2 tbsp unsalted butter (melted)
- 1/2 cup plain Greek yoghurt
- 2 tbsp bee pollen (optional)

DIRECTIONS

1. Preheat oven to 190
2. Place the sultanas in a bowl with the brandy, cinnamon, orange zest and almonds and stir in 1 tablespoon of honey.
3. Core the apples and place them in a shallow ovenproof baking dish. Stuff the cavities of the apples with the sultana mixture and pour the orange juice into the dish around the apples.
4. Pour the melted butter and 3 tablespoons of honey over the apples. Bake for 30-35 minutes, until the apples are tender.
5. While the apples are cooking, whisk the yoghurt with 2 tablespoons of honey and chill.
6. Serve the apples hot with a spoonful of the yoghurt and drizzled with more honey. Scatter the pollen over the top.



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