

Baked Apples with Cashew Topping

Serves 4

Preheat oven to 350 degrees

Ingredients:

4 firm cooking apples (e.g., GrannySmith, Golden Delicious, Macintosh)

8 tablespoons raisins and cinnamon, to taste

For topping:

½ cup raw cashew pieces

Pure vanilla extract

Directions:

With a knife, make a horizontal cut around the middle of each apple to keep the skin from splitting during baking. Core apples and fill the center of each with 2 tablespoons raisins. Sprinkle with cinnamon.

Bake at 350 degrees for 45 minutes.

While apples are baking, whirl cashews in a blender, adding water gradually until you get the consistency you prefer (The longer you blend, the smoother the mixture becomes.) Add a few drops of pure vanilla extract for extra flavor. Spoon over hot apples.

Recipe from Metagenics Detoxification Program Guide

Adapted by Roxanne Curley