

You will need: (serves 4)

- 4 cooking apples
- 25g of dried fruit
- a little low-fat custard (optional)
- baking tray
- oven glove
- baking paper
- apple corer
- fork
- washed hands!



After about 25 minutes ask an adult to help you take the apples out of the oven.



Ask an adult to turn the oven on and preheat it to 160 °C/Gas Mark 3.

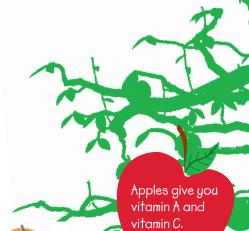
While the oven heats up, ask an adult to help you take out the cores of the apples.



Serve the apple with a teaspoonful of low-fat custard. Enjoy!



Fill up the holes with dried fruit.
Then prick the sides of the apples 4 times with a fork.
Now put the apples on a baking tray covered with baking paper. Ask an adult to put them in the oven.



for cooking!

Bramley apples are yummy apples

There are about 1000 different types of apple around the world!