



Caramel Apples

An all time favourite, possibly the most fuss free dessert you can ever make. Bursting with taste and goodness, these apples are delicious served on their own with the oozing caramel juices. It's even better served with some yoghurt, cream or ice-cream



**FEED
BACK**

Watch the how to make this dish
video at growtogive.co.uk

Allergen info

- * Sulphites - sultanas, raisins or currants
- * Milk – yoghurt, custard, rice pudding and ice cream

Equipment

Ovenproof dish, glass bowl, knife, chopping board, spoon, measuring jug and scales.

Ingredients

- 60 grams (g) sugar (brown or white)
- * 45g dried fruit – sultanas, raisins or currants (or a mixture)
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- 4 cooking apples
- 200 ml Water

Optional Extras

- * Serve with yoghurt, custard, rice pudding or ice cream for a special treat

Helpful Tips

- You can also use eating apples, they will be sweeter, or a mixture of both types Cooking apples are usually bigger
- Make extra and have for breakfast on top of your porridge

Method

 Serves 4



1

Pre-heat oven to 180C/160C fan/ 350F gas mark 4



2

Take out the core of the apple



3

Cut a line through the apple skin around the middle of the apple (this stops it exploding!)



4

Mix the sugar, dried fruit and spices together



5

Divide the mixture between the apples, pushing it into each apple



6

Put the apples in the dish and pour some water into the dish so they are standing in about 1cm water



7

Cook in the oven for 30-45 minutes until the sugar and fruit forms a lovely caramel sauce.



8

Serve the apples whilst still hot (but not too hot, especially the dried fruit)

