

## Chocolate Apples

Preparation time: 5 minutes

Cooking time: 2 1/2 minutes

Serves 4

- Ingredients
  - 4 ripe, medium-sized dessert apples – washed and cored
  - 2 oz. milk chocolate
  - 4 tbsp. ground almonds
  - 1oz raisins
  - 2 tbsp. unsweetened apple juice
- Directions
  - Grate the chocolate into a mixing bowl and stir in the ground almond, raising and apple juice. Mix well
  - Fill each apple with the mixture until it almost overflows
  - Place filled apples in a Steamfast bag
  - Place bag in microwave and cook on HIGH for 2 1/2 minutes until the apples are just softened
  - Allow bag to stand 1 minute before handling
  - Carefully open bag and pour out contents

Tip: We have left the peel on the apples as they give a good color and add fiber to the diet. If preferred, peel the apples before filling with the chocolate mixture.