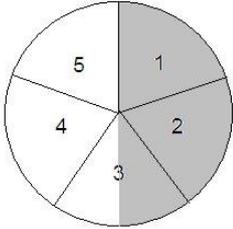


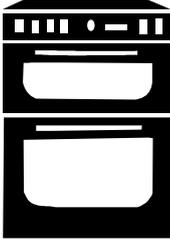
Baked Apple Meringues

Serves 4

Portions of fruit & vegetables per serving: 2½



Oven needed



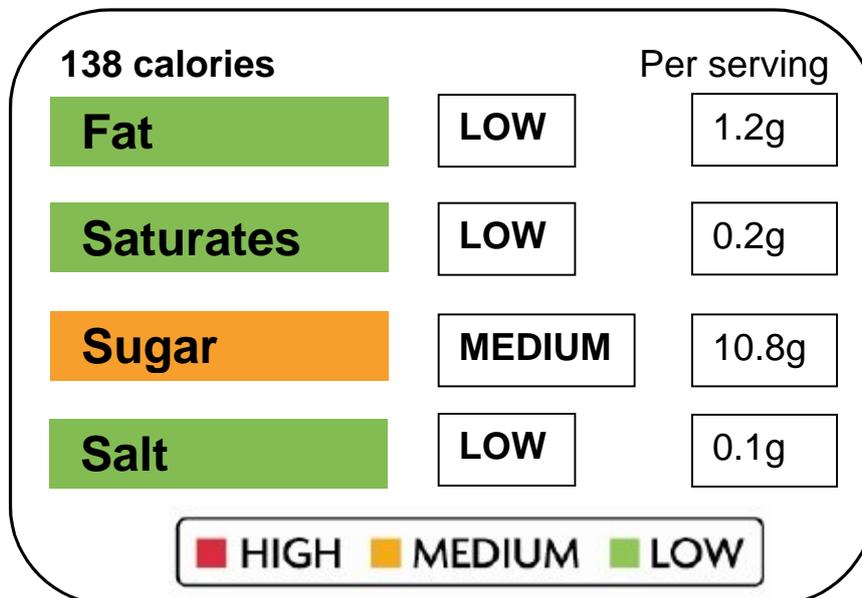
Ingredients	Amount	Preparation
raisins	100g (3½oz)	
orange	1	zest grated and juiced
ground cinnamon	¼ teaspoon	
cooking apples	2	washed and cored
egg whites	2	
sugar or granulated sweetener	1 tablespoon	
butter or margarine	a little for greasing	

Please Turn Over



Method

- 1 Heat the oven to 180°C or gas mark 4 and grease a baking tray with the butter or margarine.
- 2 Mix the raisins, orange zest and juice and cinnamon in a bowl and leave them to soak for 20 minutes.
- 3 Meanwhile, using a sharp knife cut each apple in half horizontally and place each half on the baking tray, skin side down.
- 4 Bake in the oven for 20 minutes.
- 5 Remove the apples from the oven and place the raisin mixture on top. Put the apples back in the oven for another 5 minutes.
- 6 Place the egg whites in a bowl and whisk until they form peaks. Then whisk in the sugar or sweetener a bit at a time, except for 1 teaspoon.
- 7 Take the apples out of the oven and pile the meringue mixture on top of each apple. Sprinkle with the remaining sugar or sweetener.
- 8 Return them to the oven for another 10 minutes.
- 9 Serve warm



Handy Hints

- As an alternative to the meringue topping, you could try using low fat yoghurt instead, but do not return to the oven. This will increase the calcium content of this dessert.

