THE LIGHTER PLATE METHOD

Baked Cinnamon Apples with Yoghurt

Warming, simple and just sweet enough — a proper pudding with hardly any effort.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
8 min	**25 min**	**33 min**	**4**	**EASY**

Ingredients

- 4 apples (cored)
- 1 tsp ground cinnamon
- 2 tbsp honey
- 30 g walnuts (chopped)
- 200 g Greek yoghurt (to serve)

Method

1. Preheat the oven to 190°C (fan 170°C).
2. Place the cored apples in a small baking dish. Fill the centres with the chopped walnuts.
3. Drizzle with honey and sprinkle over the cinnamon.
4. Bake for 22–25 minutes until soft. Serve warm with a spoonful of Greek yoghurt.

Storage & reheating

Best fresh from the oven, but leftovers keep for 2 days and reheat well in the microwave.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
195	**6g**	**30g**	**7g**	**4g**

Estimated values, for guidance only. Contains: Tree nuts (walnuts), Milk.