



Bloomin' Baked Apples

INGREDIENTS

2 apples; any variety
1 TBS Butter; divided
1 TBS Cinnamon; divided
1 tsp Nutmeg; divided

DIRECTIONS

Preheat oven to 375 degrees. Slice off the top of the apples. Remove/scoop out cores and all pits; maybe $\frac{1}{4}$ - $\frac{1}{2}$ inch in diameter. Using a paring knife, make a deep cut around the edge; between the apple and skin. Flip over apples and make narrow cuts, from top to bottom all around, making sure to not cut through the bottom. This will make it look like a bloomin' flower! Place bloomin' apples on their own sheet of tin foil big enough to wrap each one completely. Place $\frac{1}{2}$ TBS of butter into the center of each apple. Sprinkle generously with the cinnamon and nutmeg. Gather up the petals of the apple so that they are back together in an apple shape and wrap each one in foil. Bake until tender, about 30 minutes. Makes 2 bloomin' apples; 150 calories each