

Baked Apples

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Ingredients

Quantity	Measure	Number	Ingredients	Numbe	Description
	As	Required	Apple	Peel,	Core and cut.

Method

6-8months+

1. Core apple and leave peel on
2. Place a wee bit of butter (if baby is ready for or has had dairy) on the inside of the cored apple (sprinkle a bit of cinnamon in the apple if your desire and if baby is ready for or has had cinnamon)
3. Place in a pan with just enough water to slightly cover apples – about an inch of water
4. Bake in a 400-degree oven for 30 minutes or until tender; be sure to check on the water level.
5. Once baked, either cut apple into little bits and serve as a finger food or mash as directed above in the Apples/Applesauce recipe

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