



Grow With Me Food Recipes



Recipe Name: **Baked Apples**

Ingredients

Procedure

Core apple and leave peel on. Place a small amount of unsalted 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). Place in a pan with just enough water to slightly cover apples – about an inch of water

Bake in a 400-degree oven for 30 minutes or until tender; be sure to check on the water level. Once baked cut apples into little bites and serve as finger food.