

Sticky date and pecan apples

This delicious dessert is so easy to make and not as naughty as it looks.

Serves 4

Preparation time: 10 minutes

Cooking time: 40 minutes

Ingredients

4 large Granny Smith apples, peeled and cored
1/4 cup water
2 tbs maple syrup
2 tbs brown sugar
1/4 tsp ground cinnamon
1 tbs Tick approved margarine spread
1/3 cup dates, chopped
1/4 cup plain, unsalted pecan nuts, roughly chopped*
Reduced fat ice cream or vanilla yoghurt, to serve (optional)

***Products available with the Heart Foundation Tick.** Remember all fresh fruit and vegetables automatically qualify for the Tick.

Instructions

1. Preheat oven to 200°C (180°C fan-forced).
2. Cut apples into 1cm slices and place over the base of a large ovenproof dish.
3. Pour water and maple syrup over apple slices in dish then sprinkle with brown sugar and cinnamon and dot with margarine.
4. Cover dish with foil and bake in preheated oven for 25-30 minutes until apples are just tender.
5. Take dish from oven and remove foil covering. Turn the apple slices then sprinkle with dates and pecans and return to oven for a further 8-10 minutes until pecans are lightly toasted.
6. Serve with reduced fat ice cream or vanilla yoghurt if desired.

If you love this recipe, why not try one of these next time:

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[Rhubarb and Strawberry Yoghurt Cups](#)

[Fresh Berries with Philadelphia](#)



Nutritional Information

