



Banana and granola stuffed baked apple

Serves 3

Prep time: 5 minutes

Cooking time: 15 minutes

Per portion

Calories: 153

Fat: 4.1g

Saturates: 0.9g

Carbs: 27.3g

of which sugars: 20.5g

Fibre: 3g

Protein: 2.5g

Salt: 0.09g

Ingredients:

3 eating apples

1 small ripe banana, peeled

50g granola or muesli

½ tsp mixed spice

A little honey or golden syrup for serving (optional)

Instructions:

Preheat the oven to 180C, 350F, Gas Mark 4.

Cut the top off the apples and reserve for the lids. Using a teaspoon or apple corer carefully remove the core of the apples and discard, ensuring you don't break through the skin.

Place the hollowed out apples in a small shallow oven-proof dish.

Place the peeled banana into a small bowl and mash until very soft and sloppy. Stir in the granola and mixed spice.

Divide the mixture equally between the three apples and place the apple lids on top and bake in the oven for 15 – 20 minutes.

Serve drizzled with a little honey or golden syrup (optional).

These are great hot or cold and make a good alternative for breakfast and will keep in the fridge for 2 days

TIP: swap the honey to golden syrup to make the recipe plant-based