

Baked Apple with Quinoa



Serves	6
Prep time	20 minutes
Cook time	35 minutes
Total time	55 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Dessert
Misc	Child Friendly , Serve Hot

Ingredients

- 6 Large Red or Golden Delicious apples
- 1/3 cup quinoa puffs
- 1 teaspoon vanilla essence
- 2 tablespoons brown sugar
- 2 tablespoons raw cashews (finely chopped)
- 2 teaspoons golden syrup

Directions

1. Preheat the oven to 180°C.
2. Peel and core the apples and place them upright in a ceramic baking dish.
3. In a small bowl combine the quinoa puffs, vanilla, sugar, cashews and golden syrup.
4. Spoon the quinoa mixture into the centre of each apple. Sprinkle any left overs over and around the apples.
5. Cover the baking dish with foil and bake for 15 minutes. Remove the foil and bake for a further 10 to 20 minutes, depending on the size of the apples, until the apples are tender.
6. Serve warm with vanilla custard or ice cream.



Note

Moderate Salicylates, Low Glutamates, Low Amines