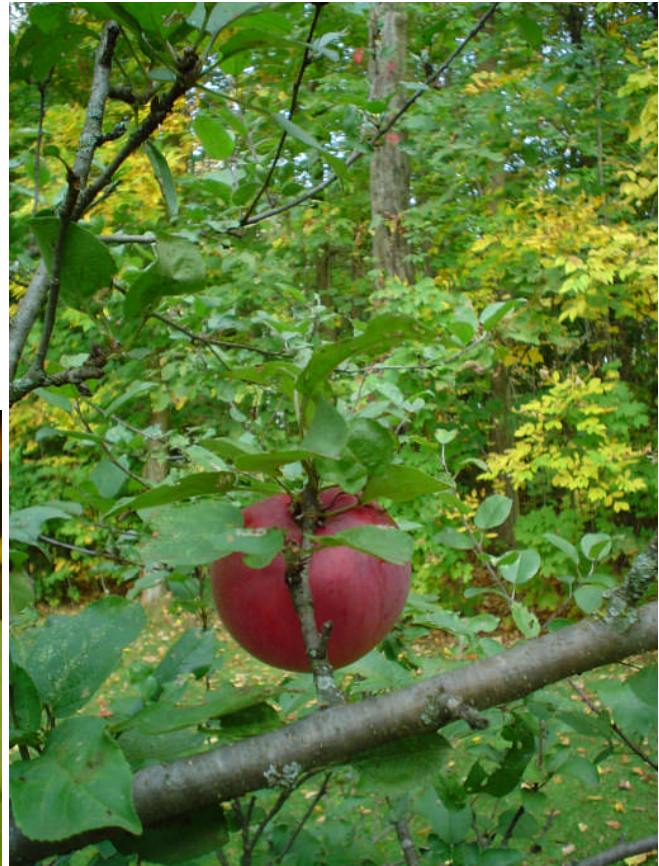




## Omega-3 Baked Apples

6 apples  
1/2 cup water or apple juice  
1/4 cup Natunola® health's delight  
**Shelled Flax Meal or Shelled Flax  
Kernel**  
1/4 cup firmly packed brown sugar  
1/2 teaspoon cinnamon  
1/4 cup raisins or toasted nuts



Preheat oven to 350°F. Remove cores from apples and pare a one inch strip of skin from around the top of the apples. Place apples upright in a shallow ungreased baking dish. Mix the flax, sugar and cinnamon together and place in the centre of each apple. Pour the water or juice into the baking dish.

Bake uncovered for 25 - 30 minutes or until apples are tender - baste apples with juice several times while baking, if desired. Sprinkle apples with raisins and/or toasted nuts (pecans, almonds, etc.). Yields 6 servings.

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