

## A fit and healthy Christmas time option fit baked apple with nuts



Quantity:4



Time of preparation: 1 hour



Fit and healthy

4 large apples  
50 g of dry millet  
30 g of raisins  
30 g of cranberries  
6 dried plums  
30 g spoonful of walnuts  
50 g of hazelnuts  
Honey  
10 g of candied orange peel  
Cinnamon  
Ground cardamom  
1 vanilla cane

Cook the millet according to the instructions found on the package and dice the plums.

Cut off a third of the apple with the stalk. Hollow out the center until the apples are about 1 cm thick.

Mix the apple flesh with the millet, fruits, chopped nuts, 2 tablespoons of honey, vanilla seeds, a pinch of cinnamon and cardamom.

Put the stuffing into the apples. Cover the apples with the parts that had been cut off. Bake for about 25 minutes at 180°C. Pour honey over the apples before serving.

