



Stuffed Baked Apple

- 2 Apples of your choice (clean)
- 1 Cooked sweet potato (mashed)
- 2 Tablespoons raw honey
- ½ Teaspoon allspice
- 1 Teaspoon cinnamon
- ½ Cup water

[Glutino Pretzel Chips](#)

Preheat oven to 450°. Lightly spray a casserole dish with [Popcorn Butter](#) oil spray and set it aside.

Slice the apples in half and scoop out the middle section with a melon baller. Cover with foil to avoid oil splatter and bake until tender (about 20 minutes.) While the apples are baking, prepare the sweet potato glaze.

In a medium pot on medium/low heat, combine the mashed sweet potato and remaining ingredients (except pretzels). Bring to a boil, stirring frequently then keep on low heat while continuing to stir to avoid burning and sticking.



Remove the apples from the oven and fill them with [Gluten Free Irish Soda Bread Croutons](#), sweet potato glaze and crumbled pretzel chips. Drizzle with a bit more spray and bake another 5 minutes (covered).

Makes 2 stuffed apples