

## We love... Pink Lady apples

**Packed full of health-boosting vitamin C and boron to keep your bones strong, make sure you get an apple a day.**

### Ingredients:

4 Pink Lady apples, unpeeled  
100g currants  
50g dried cranberries  
1tbsp pink peppercorns  
50g soft brown sugar  
50g mixed candied peel  
50ml Cointreau  
100ml white wine, apple juice or water  
Yogurt, cream or ice cream for serving

- 1** Heat the oven to 190°C/375°F/Gas Mark 5. Pour boiling water over the currants, cranberries and pink peppercorns to just cover, and leave to soak for 10 minutes.
- 2** Mix the brown sugar, mixed candied peel and Cointreau. Drain the currants and add to the sugar, stirring well.
- 3** Core the apples and use the tip of a sharp knife to cut around the diameter of each apple to stop the skins bursting.
- 4** Place in an ovenproof dish, and fill each one till overflowing with the fruit mixture. Add the white wine to the dish and bake for 35 minutes or until tender (test with a thin skewer).
- 5** Drizzle with the sweet dish juices, making sure a few pink peppercorns are visible on top, and serve with a dollop of yogurt, cream or ice cream.

PINK LADY  
BAKED  
APPLES WITH  
CRANBERRIES  
AND PINK  
PEPPERCORNS  
Prep: 20 mins  
Cook: 35 mins  
Serves: 4



**Tip:** If you don't have pink peppercorns (available from most supermarket spice shelves), scatter a little freshly ground black pepper over the apples just before serving.

*Recipe courtesy of Jill Duplex, author of Lighten Up & Totally Simple Food*