

Maple Brown Butter Baked Apples



Servings:

8

Prep Time:

15 minutes

Cook Time:

approx. 1 hour

Ingredients

- 4 Apples
- 1 tsp Cinnamon
- 2 cups Water
- 1 cup Old Fashioned Rolled Oats
- ½ tsp Salt
- ¼ cup Milk of Choice
- ¼ cup Light Brown Sugar
- ½ cup Chopped Walnuts
- 4 tbsp Unsalted Butter
- 4 tbsp Maple Syrup

Method of Preparation

Step 1

Preheat oven to 400°F. Spray a baking dish with nonstick spray.

Cut the stem of each apple off and remove the core.

Step 2

Scoop the apple out, saving the apple pieces. Leave approximately a ¼ inch edge to the apple.

Step 3

Chop the apple filling into small pieces.

Bring water to a boil in a sauce pan. Add the oats, apple pieces and salt. Stir and reduce to a simmer. Cook for 10-15 minutes, stirring often until oats are thick and creamy.

Step 4

Stir in milk, brown sugar and ½ tsp cinnamon.

Step 5

Heat butter over medium heat in a pan. Whisking constantly, cook until brown bits appear (about 4 minutes).

Step 6

Quickly stir in maple syrup and remove from heat. Whisk for an additional 30 seconds.

Step 7

Sprinkle apples with remaining ½ tsp cinnamon.

Drizzle each apple with brown butter.

Step 8

Fill each apple with oatmeal. Top with walnut pieces.

Bake for 30-35 minutes until apples are softened. Remove from oven and drizzle with remaining brown butter if desired.

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