

## Stuffed and Baked Apples

### Ingredients

1/4 cup	raw cashews
1/8 cup	flax seeds
1/4 cup	chopped dates
3 TBSP	raisins
1/4 tsp.	cinnamon
1/8 tsp.	nutmeg
1/2 tsp.	vanilla
4	Cored Crisp, Granny Smith or other good baking apples

### Preparation

- Put above ingredients in grinder and grind. You may have to grind the flax seeds and cashews slightly first and then add the remaining ingredients and finish grinding.
- Stuff the apples.
- Bake at 350 for 15 - 25 minutes. Check to make sure they do not bake too long and turn to mush

Hints: To grind, I use my coffee bean grinder that I don't use for coffee beans but rather for grinding oat groats and other grains. If using your coffee bean grinder, be sure to clean it thoroughly so your mix does not have a coffee flavor. Other tools for grinding may be used such as Vitamix.