

## Microwave Baked Apples

Serves: 2

### Ingredients:

- 2 apples
- 2 tbsp. brown sugar
- 1 tsp. ground cinnamon
- 1 tsp. ground nutmeg

### Instructions:

- Core the apple, leaving the bottom intact.
- In a bowl, mix brown sugar, cinnamon and nutmeg. Spoon the sugar mixture into the apples.
- Place the apples in a deep casserole dish and cover with the lid.
- Microwave for 3 ½ - 4 minutes or until tender.
- Let the apples sit for 2 minutes before serving.