



## BAKED APPLES WITH RYE CRISP

by The Food Next Door - SWELL

### Ingredients

*Makes 4 servings*

#### Filling:

2 large firm, sweet local apples,  
like Honeycrisp

1/2 Tbsp brown sugar

1/4 tsp cinnamon

#### Crisp Topping:

1/4 cup butter, unsalted, softened

1/4 cup cane sugar

1/2 tsp molasses

1/2 cup flaked rye

1/2 cup rye flour

1/2 tsp cinnamon

1/2 tsp vanilla extract

1/8 tsp salt

1/4 cup pecans

### Directions

Preheat oven to 375F. Coat a casserole dish with butter. With a melon baller, scoop out the core and seeds of each apple. Place cored apples in the casserole dish with the hole facing up, then sprinkle 1/2 Tbsp brown sugar and 1/2 tsp cinnamon over the apples.

In a medium saucepan, melt butter on a low heat. Combine sugar and molasses and mix. Slowly add rye flakes, rye flour, and rest of the ingredients. Mix until they become crumbly. Scoop two heaping tablespoons of the crumble into each apple and press lightly down into the apples. Cover with aluminum foil and bake on the middle rack of the oven for 25 minutes. Remove the foil and continue to bake another 20-30 minutes until the apples are fork tender and the crisp topping is golden brown. Let cool and enjoy!

We believe that health starts with good food, but good food does not exist without real farms.

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Mother Earth will thank you too, and you will feel the difference!

