

# Enjoy autumn's *bounty*

The days are getting shorter, the leaves, and temperatures, are falling. But there's a lot to love about the autumn months, such as this scrummy pudding. Leave these apples in your slow-cooker and return home from an autumn walk to a tasty treat.



## *Slow-cooker Baked Apples with Nuts and Butterscotch Sauce*

- 6 apples
- 90g / 3.5oz Butter  
– chopped into cubes
- 35g / 1.5oz slivered almonds
- 35g / 1.5oz chopped walnuts
- ½ tsp Ground cinnamon
- 225g / 8oz Light brown sugar
- 180ml / 6fl. oz single cream
- 125ml / 4.5 fl oz apple juice

**Preparation Time:**  
20-30 minutes

**Cooking time:**  
2 hours 30 minutes

### **Method**

**1** Core the unpeeled apples but only go three quarters of the way through. Make the hole about 4cm / 1.5inches across.

**2** Then score the skin around the centre of the apple (to allow for expansion in the cooker).

**3** Mix 30g of the butter with the nuts and, cinnamon and 60g of the sugar. Press the mixture into the apple cavities.

**4** Into the slow cooker pour the cream, apple juice and remaining butter and sugar. Stand the apples in the sauce, cover and cook on the 'high' setting for about 2 hours 30 minutes, until the apples are tender.

**5** Remove the apples from the cooker and keep warm.

**6** Drain the sauce into a small saucepan, bring to the boil then simmer for about 5 minutes, stirring continuously until it thickens. Pour the sauce over the apples and serve.

**Makes 6 baked apples.**