Baked Apple Peanut Butter Parcels

Four whole baked apples, one dessert parcel per person · Active 25 min · Total 1 hr 25 min

Skills: Safely making whole-fruit cavities and opening conventional-oven steam parcels

Ingredients

- 4 medium firm apples (about 1 3/4 lb/800 g whole), washed
- 1/4 cup smooth peanut butter (60 g)
- 1/3 cup plain rolled oats (30 g)
- 1/4 cup raisins (40 g)
- 1/2 teaspoon ground cinnamon (1 g)
- 1/4 cup water (60 ml), divided: 1 tablespoon/15 ml per parcel

Set out

Conventional oven and rimmed baking sheet, Stable board and small knife or apple corer, Four 12-inch/30 cm foil squares, Four baking-parchment squares rated for at least 375°F/190°C, Small bowl and spoon, Oven gloves

Allergens

peanut. Check labels and substitutions.

Make it

1. Heat oven to 375°F/190°C. Set each washed apple upright on the board. Remove stem and core carefully, leaving about 1/2 inch/1 cm at the base if possible. Widen the upper cavity to roughly 1 inch/2.5 cm across without cutting through the sides.

2. Mix peanut butter, oats, raisins and cinnamon in the small bowl. Set each apple on parchment inside a foil square on the tray. Divide all the filling among four cavities, allowing a small mound above the top. Add 1 tablespoon/15 ml water around each apple base.

3. Fold parchment and foil up into separate closed parcels with a little room above each apple. Bake for 35–50 minutes until flesh is tender when pierced. Open a test parcel carefully away from face and hands; return to oven if still firm. Do not microwave foil.

4. Stand for 10 minutes, then open the parcels away from the face and serve one warm apple with its filling per person. The apple may soften or slump depending on variety.

Packet is not preservation

A closed baked parcel is for cooking and serving. It does not make the moist apple filling safe for room-temperature storage.

Ingredient labels

Peanut butter supplies peanut, and oats may have wheat/barley cross-contact. Check raisin and butter labels; no allergen-free promise is made for substitutions.

A useful detail

The 85-minute total allows preparing four cavities, up to 50 minutes baking and a ten-minute steam-settling rest. Larger or especially firm apples may need extra time.

Keep it well

Remove leftovers from their warm parcels and refrigerate in shallow covered containers within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below. Use within 3 days and reheat to 165°F/74°C. Freeze promptly cooled apples for up to 1 month and thaw in the refrigerator; fruit becomes softer. Do not leave warm closed parcels on the counter for a later meal.