

Apple Volcanoes

Makes 4

What to find:

4 medium cooking apples
3 apricots
40g seedless raisins
Two tablespoons toasted porridge oats
One tablespoon runny honey
4 (5g) knobs butter
Extra runny honey

Kitchen Stuff:

Chopping board
Rounded ended knife
Fork
Mixing bowl
Wooden spoon
Apple corer
Ovenproof dish



What to do:

Oven 190°C, Fan 170C 375°F, Gas 5

1. Cut a thin slice off the base of your apple so that it sits flat.
2. Use an apple corer to remove the core. Take a fork and make four pricks around the apple sides. Put the prepared apples on a non metallic dish (microwave proof dish).
3. Cut the apricots into small pieces put them into a bowl. Put a damp cloth under the bowl to stop the bowl moving as you mix.
4. Add the raisins, toasted porridge oats and honey to the apricots and mix with a wooden spoon. Use your fingers to stuff the sticky mixture down the hole in the apples, working from the top. There is a maths lesson here, divide the mixture equally between the apples. Push the mixture right down you will be surprised how much you can push into each apple.
5. Put a knob of butter and a little extra honey on top of each apple.
6. Place the plate of apples in the microwave and cook for 4 minutes or until the apples are cooked but not fallen*.Leave to stand for two minutes after cooking time. Alternatively, place the apples in an ovenproof dish and bake in a preheated oven 190°C, 375°F, gas mark 5 for 30-40 minutes.

*This will depend on the size of your apples and voltage of your microwave. Check after three minutes.

Beware food carries on cooking when removed from the microwave.

ALWAYS HAVE A GROWN-UP IN THE KITCHEN WITH YOU, WHEN YOU COOK