BAKED APPLES

One-half cooking apple per child, and for each half apple:

1 t. honey
1 T. orange juice
1 t. sunflower seeds or nuts

Wash apples, cut in half, and help children remove cores (using a melon baller is easiest). Place apples in a baking dish. Spread honey, juice, and nuts in center and over top. Bake in microwave on high for three to five minutes or until tender. Allow additional time for more than two apple halves. These may be baked at 500 degrees for 10 to 15 minutes, but remember to add enough water to cover the bottom of the baking dish.

Try using brown sugar, a dot of margarine, a sprinkle of cinnamon, and several raisins in centers.