

Apple Nut Surprise

Unit: Large Skillet or Electric Skillet

- 3 - 5 Fresh Cooking Apples (Pink Lady Apples are Good)**
- 1 - 8 Oz. Bag of Cinnamon Red Hot Imperial Candies**
- 1 - Small 4 Oz. Bag of Chopped Nuts (Pecans are my favorite!)**
- 1 - Small Bag of Marshmallows**

First, wash the apples and remove the stems. Then use a paring knife and remove the remaining stem and all hard material from the top and bottom of the apples. (Leave the seeds in the apples!) Next cut the apples on the #3 blade with the food cutter and place in a cold skillet.

Place the apples in a cold skillet and top with red hots and then marshmallows and put the nuts on top. Seal the lid on the unit and rotate the valve below the knob to open.

Cook on medium heat (350 in the Electric Skillet) until the valve activates. Reduce the heat to low for 10 minutes. (225 in the E.S.)

This is homemade apple pie without the crust! Enjoy :)

Notes:

This recipe can get a bit hot depending on the number of red hots used so adjust accordingly if you are wimpy and you can't take the heat! :)

For health concerns:

To reduce the carb count you can use just plain 1 - 3 Teaspoons of cinnamon in place of the red hots and also 2-4 Tablespoons of honey or agave nectar for the marshmallows!



HEALTH QUEST