Ingredients:
2 small bags organic apples  
(Gala was used in recipe; can use whatever you prefer)
1 cup walnut pieces (or pecans)  
optional
¼ cup chopped dates (or raisins)  
optional
¼ cup stick butter & 1/8 butter  
(sliced into small pats) adjust to taste
¼ cup honey (or agave nectar)
Spices: ½ tsp. each: Cloves and  
Nutmeg
Ginger
Cinnamon
Cinnamon sugar (or to taste)

Spiced Baked Apple

Submitted by Deborah of San Antonio, Texas, participant in Rx for Better Breast Health

Preparation (10 minutes):
1. Put ¼ cup butter slices in Pyrex dish, put in 350 degree oven.
2. Peel and slice washed apples in large bowl. In small bowl mix spices and sprinkle over apples (taste to see if you need to add more of a favorite spice). Add walnuts and dates, and honey, stir well.
3. Spread out apple mixture in Pyrex dish. Add ½ cup butter (slices) on top, sprinkle with cinnamon sugar. Lay parchment paper over dish. Bake for 30 minutes, take out, stir, and bake for 10 minutes or until desired softness.
4. Can be served with vanilla yogurt, cool whip, or ice cream for dessert. Also is a great addition to oatmeal. It makes the whole house smell good.