

Recipe adapted from [Celtnet Recipes](#).

Baked Apples with Honey

2 apples, peeled and cored
3/4 c sugar
2/3 c water
A few drops of red food coloring
2/3 c fat free cream cheese
2 red cherries, pitted
2 T honey

Preheat the oven to 350F. Add the water and sugar to a sauce pan and heat until the sugar is dissolved. Add the red food coloring and mix well. Place the apples in a baking dish and pour the sauce over the apples. Bake, uncovered, for 40 minutes.

Remove from the oven and let cool for 10 minutes. Place the apples in individual serving bowls and reserve the remaining sauce. Refrigerate the apples for an hour or more. When ready to serve, remove from the fridge and spoon the cream cheese into the cores. Add a cherry on top of each apple, drizzle with the honey and remaining sauce.

