



“The Apple of Adam’s Eye” Baked Apple a la Mode

To me, this time of year always feels more like a New Year than New Year’s Day. It is a chance to start so many things new. This week I encourage our children and youth, their families and anyone else who wants to join in to read the Creation and Adam and Eve story in their bibles. It is in all the ones that were given out at the beginning of the summer. “In the Beginning” is such a powerful phrase. And this is a great time of year to revisit it. Eve was the “apple of Adam’s eye.” So, I have also included a simple recipe for you to enjoy as you read the story!

Baked Apple a la Mode

1 serving

Ingredients:

1 medium apple

1 tsp sugar mixed with $\frac{1}{4}$ tsp cinnamon

1 tblspn raisins, dried cranberries, coconut or nut of your choosing (butterscotch chips would be delicious too!)

1 scoop of vanilla ice cream (or your favorite!)

Directions:

Core the apple, leaving a deep hole in the middle.

Sprinkle the cinnamon-sugar mix inside the top of the apple.

Fill the hole with the dried fruit, coconut, nuts or chips.

Microwave on high for three minutes

Let cool, top with ice cream and enjoy!!

