

### **Apple Overwhelm Recipe**

4 apples  
4 tbsp raisins  
2 tbsp brown sugar or sucanat  
1/2 cup cream or half and half  
Cinnamon to taste

Cut apples in half and take out core. Toss with other ingredients and bake at 400° until fruit is tender. This can also be done with pears, should you ever end up with the desire for dessert and too much fruit.