

Baked Apples

1 - 2 tsp	Rooibos
1 cup	Water
6 lrg	Sour apples
1 cup	White or brown sugar
$\frac{3}{4}$ tsp	Ground cinnamon
$\frac{1}{2}$ tsp	Ground cloves
1 $\frac{3}{4}$ TBS	Butter or margarine

Preheat oven to 350°F. Bring the water to a boil, add the rooibos and steep for 5 minutes. Strain the rooibos leaves. Rinse and core apples.

Arrange apples in ovenproof dish. Mix sugar, spices and salt. Stuff apples with mixture and heap slightly. Top with butter or margarine. Pour the rooibos mixture into the dish.

Bake for approximately 20 minutes until apples are tender. Baste occasionally with butter or margarine. Serve hot or cold with custard, whipped cream or ice cream.