

Dried Fruit

# Organic Red Flame Raisins

Country of Origin: USA

Certified Organic

Pro-Cert

left coast  
ORGANICS

## Nutrition Facts Valeur nutritive

Per 1/3 cup (40 g) / par 1/3 tasse (40 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 120	
<b>Fat / Lipides</b> 0.2 g	<b>0 %</b>
Saturated / saturés 0 g + Trans / trans 0 g	<b>0 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 5 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 32 g	<b>11 %</b>
Fibre / Fibres 2 g	<b>8 %</b>
Sugars / Sucres 27 g	
<b>Protein / Protéines</b> 1 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	2 %
Iron / Fer	6 %

## Factoid:

The flame raisin is known for its exceptional sweetness. Flame raisins are of the seedless variety and provide fibre and iron.

## Ingredients:

Organic raisins and organic sunflower oil.



**Recipe:**

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# Flaming Baked Apples

## Ingredients:

1/2 C light corn syrup

1/2 C sugar

1/4 C orange marmalade

1/4 C butter

6 baking apples, about 3 lbs

1/2 C light brown sugar, packed

3 Tbl flame raisins

1/2 tsp cinnamon

1/4 C brandy

Vanilla ice cream

## Instructions:

1. Preheat oven to 375F.

2. In a small pan combine corn syrup, sugar, marmalade and butter.

3. Cook over medium heat, stirring until sugar is dissolved. Pour into 12 x 8 x 2 inch baking dish.

4. Wash and core apples; pare only at top about 1 inch down. In bowl, combine brown sugar, raisins and cinnamon. Fill centres of apples with raisin mixture.

5. Place in syrup, pared side down. Bake, covered 30 minutes. Turn apples pared side up.

6. Baste with syrup. Bake uncovered and baste 15 minutes longer or until apples are tender.

7. Place apples and syrup in heated serving dish. Heat brandy until bubbles form. Pour over apples, ignite and serve with ice cream.