

Baked Apple Meringues with Orange- Soaked Raisins

This is the perfect dessert for someone watching their waistline. I'm quite proud of the fact this tastes so sublime without any fat or sugar, but, depending on you and what you're trying to cut down on, you could use sugar instead of sweetener.

Serves 4

2 medium Bramley apples, washed and cored (no need to peel)

4 large egg whites

grated zest and juice 1 orange

4 oz (110 g) raisins

2 tablespoons granulated sweetener

a little butter for greasing

You will also need a small baking tray, lightly buttered.

Pre-heat the oven to gas mark 5, 375°F (190°C).

First mix the raisins and the orange zest and juice in a bowl and then leave them to soak for about 30 minutes.

Meanwhile, using a sharp knife, cut each apple in half horizontally, arrange the halves on the baking tray and pop them on to the centre shelf of the oven for 30 minutes. After that, slide the shelf half out, spoon the soaked raisins over each apple half and bake for another 15 minutes.

Towards the end of that time, place the egg whites into a grease-free bowl and, using an electric hand whisk, whisk them until they form soft peaks that just tip over when you lift the whisk. Then whisk in, bit by bit, all but a teaspoon of the sweetener. Now pile up the fluffy egg white on top of each baked apple, sprinkle with the remaining sweetener, and return them to the oven for another 10-15 minutes, until the egg white has just set and is tinged golden brown.