

- [PostsComments](#)

[Gazing In](#)

Life, Family and Food

Book Review: The Parchment Paper Cookbook (With Recipes)

November 28, 2011 [1 Comment](#)



Recently I wrote a blog on [parchment paper](#) (and being able to find it affordable priced) and mentioned that I had received a copy of [The Parchment Paper Cookbook: 180 Healthy, Fast, Delicious Dishes!](#) to review. I decided to try a dessert out, Baked Apple, on page 176. One because I happen to love baked apples but also that the recipe is for one. There are a number of recipes in the book for one, which allow a person to easily make as many servings as they need. I like that, it allows me to make lunches or dinners (2 for lunch, 4 for dinner) and not have leftovers. A very nice touch!

The cookbook is laid out in sections, based on the style of cooking. Loved the breakfast section – so many fun sounding ideas! Those will get tried...but for now the apple slowly baked, filling the house with aroma of cinnamon and brown sugar. Just baking it was worth it for the scent. I peeled the skin off and mashed up the apple....and well? Walker ate the entire apple happily!



Baked Apple

Ingredients:

- 1 apple, cored
- 2 Tbsp brown sugar
- 1 tsp ground cinnamon
- Pinch of salt (I left out due to using salted vegan margarine)
- ½ Tbsp melted butter or margarine
- 2 Tbsp finely chopped pecans
- 2 Tbsp water, apple juice or apple cider

Directions:

Preheat oven to 400°. Line a small baking sheet with aluminum foil.

Cut a 12" piece of parchment paper, lay on the baking sheet.

Note on coring the apple: if you use a long/slender peeler you can core it easily all the way through. Just make sure there are no seeds left inside, using a finger of the peeler handle to push everything through.

Place the apple on the parchment paper.

In a small bowl mix the filling together, pack gently into the core, pushing down. Let any extra drizzle down the top and around the base of the apple.

Fold the top of the paper over (I folded it gently under as well) and bake for 1 hour 30 minutes.

Transfer to a plate and scrape/pour all the sauce over the top of the apple.

Enjoy!

Follow

Serves 1.

And I will tell myself that the apple is a healthy treat 😊

~Sarah

FTC Disclaimer: We received a copy of this book for potential review.

Share this:

Like this:

One blogger likes this post.



Filed Under: [baking](#), [Cookbooks](#), [cooking](#), [Dessert](#) Tagged With: [baked apples](#), [baking](#), [book review](#), [books](#), [cookbook reviews](#), [Cookbooks](#), [cooking](#), [Dessert](#), [recipes](#), [The Parchment Paper Cookbook](#), [vegan](#), [Vegetarian](#)

« [Holidays 2011: Herbed Dinner Rolls](#)
[Lemony Parmesan Couscous](#) »

Comments



1. [Just A Smidgen](#) says:
[November 28, 2011 at 9:16 pm](#)

Just got in from orchestra and what I wouldn't give for one of these!

Leave a Reply

Enter your comment here...

Fill in your details below or click an icon to log in:

Follow



Email (required)

(Not published)

Name (required)

Website

- Notify me of follow-up comments via email.
- Notify me of new posts via email.

Post Comment

About Gazing In ~



Mom, wife, foodie, cookbook author running in circles....

- [Facebook](#)
- [Contact Me](#)

Our Cookbooks



Check out [our books on Amazon](#).

The Little Details

- [Home](#)
- [About](#)
- [Copyright/Use](#)
- [Contact](#)
- [PR/Media](#)

Join Us On Facebook For More

Follow



Join Us On Facebook!

Newest Posts

- [Pumpkin White Chocolate Brownies](#)
- [Wonton Soup](#)
- [Maple Rice Pudding](#)
- [Babies and Whatnot](#)
- [Book Review: 750 Best Appetizers \(With Recipe\)](#)

Posts From The Past

Select Month

Search Our Archive

Search this website ...

The Things I Blog About

Select Category

Fave Subjects

[baby](#) [baking](#) [biscuits](#) [book review](#) [books](#) [breakfast](#) [candy](#) [candy making](#) [children](#) [cookbook](#) [reviews](#)
[Cookbooks](#) [cookies](#) [cooking](#) [cupcakes](#) [Dessert](#) [desserts](#) [Dinner](#) [family](#) [food](#) [Food finds](#)
[Food Gifts](#) [lentils](#) [Lunch](#) [oatmeal](#) [oats](#) [pasta](#) [pasta dish](#) [pasta dishes](#) [postaday2011](#) [pudding](#) [quick dinner](#)
[quick dinners](#) [quick lunch](#) [quick pasta dish](#) [quick pasta dishes](#) [recipes](#) [rice](#) [Shopping Finds](#) [side dishes](#)
[soup](#) [Toddler](#) [tofu](#) [vegan](#) [vegan baking](#) [Vegetarian](#)



Follow

The Foodie BlogRoll 

Total food Blogs: 12498

News:

- ▶ Contests & Giveaways

Most Recent 5 Blogs:

- ▶ Mediterranean - My Way
- ▶ Mademoiselle CHou-Fleur
- ▶ happy belly
- ▶ Shan's Recipes
- ▶ Vegan Miam

Today's 5 Random Blogs:

- ▶ Life's a Feast
- ▶ Her New Weigh
- ▶ espacio culinario
- ▶ The Vegan Tummy
- ▶ The Brisket Bonitas

 **Remember to enter our Giveaways!**

 **add your blog**



Go Meatless Mondays!



Follow

Email Subscription

Enter your email address to subscribe to this blog and receive notifications of new posts by email.

Join 55 other followers

Sign me up!

Who, Where and Why

- [Home](#)
- [About](#)
- [Copyright/Use](#)
- [Contact](#)
- [PR/Media](#)

Things I Blog About

Select Category

[Blog at WordPress.com.](#) · Theme: [Pretty Young Thing](#) by [StudioPress](#).

☺

Follow