

Baked Cinnamon Apples

Vegan-friendly

Ingredients:

- 3 T. coconut oil, melted (plus extra for greasing)
- 2 large apples, peeled and diced
- 2 t. ground cinnamon
- 3 T. pure maple syrup, divided
- 3/4 c. almond flour

Directions:

1. Preheat oven to 350°F and lightly grease a small baking dish with a little coconut oil. Set aside.
2. Toss the apples with the cinnamon and a tablespoon of maple syrup and pour into the prepared baking dish. Spread apple mixture into an even layer and set aside.
3. In a small bowl, combine the almond flour, melted coconut oil, and remaining maple syrup. Stir to combine thoroughly, then evenly spread the mixture over the cinnamon apples.
4. Place in the pre-heated oven and bake until the topping is golden brown and the apples are tender, approximately 25 - 30 minutes. Remove from oven and cool for a couple minutes before serving. Enjoy!



natural
awakenings

Prep time: 10 minutes
Cook time: 25-30 minutes
Serves: 4