

BAKED APPLES

Baked apples are like little individual pies but with a healthy apple skin bottom instead of a crust!

INGREDIENTS

- 1 large apple
- 2 tablespoons old fashioned oats
- 1 tablespoon whole wheat or all-purpose flour
- 1 tablespoon brown sugar or coconut sugar
- 1 tablespoon ghee, butter, or coconut oil
- cinnamon and nutmeg

DIRECTIONS

- Preheat oven to 350 degrees.
- Cut apple in half and scoop/cut out the core and seeds.
Place the apples skin-side down on a cookie sheet.
- In a small bowl, combine the oats, flour, and sugar.
- Melt ghee/butter/oil and add to the bowl with oats. Mix well.
- Spoon this mixture on top of each apple half.
- Sprinkle each half with a little cinnamon & nutmeg.
- Bake in the oven for 30-45 minutes or until tender.
(Time may vary according to size and firmness of apple.)
- *Serve warm and enjoy!*

