

Baked Apples

Serves 2

This recipe uses rolled oats to achieve a topping like apple crisp.

Ingredients:

- 5 Tbsp. rolled oats
- 4 Tbsp. almond flour
- 2 Tbsp brown sugar
- 2 Tbsp. chopped walnuts
- 1/4 tsp. cinnamon
- 1/8 tsp. course salt
- 2 Tbsp. Firm coconut oil
- 1 Tbsp. Melted coconut oil (divided)
- 2 apples

Equipment

- Baking dish
- Aluminum foil



Baked Apples:

☑	Directions	Time (min)	
	Preheat oven to 375 degrees		
	Core two apples leaving the bottom intact		
	Chop 2 Tbsp. walnuts		20
	Place apples in a baking dish. Drizzle 1 Tbsp. melted coconut oil on the apples. Rub all over the apples.		
	Cover apples with foil. Bake		
	In a bowl, combine 5 Tbsp. oats, 4 Tbsp. almond flour, 2 Tbsp. brown sugar, walnuts, 1/4 tsp. cinnamon, and 1/8 tsp. coarse salt		10
	Use your hands to combine filling with 1 Tbsp. firm coconut oil. Add water if necessary to make a crumble.		
	Uncover apples. Fill with oat crumble and make a layer on top. Drizzle 1 Tbsp. coconut oil on the apples.	2	
	Bake until apples are soft, and topping is crisp	20	
	Total		52