

Baked Apples

Serving Size: 1 apple (about ½ cup)

Servings Per Recipe: 4

Time: 35 minutes

Equipment

- 1 knife
- 1 cutting board
- 1 small microwave-safe bowl for melting coconut oil
- 1 medium bowl
- Baking sheet
- Parchment paper

Ingredients

- 4 medium apples chopped
- 1 Tbsp. melted coconut oil
- ½ tsp cinnamon

Directions

- Preheat oven to 375 degrees Fahrenheit and line baking sheet with parchment paper.
- Place the coconut oil into a microwave-safe container and microwave for 15 seconds or until coconut oil is liquid.
- Slice the apples into approximately 1/2-inch slices and discard the cores. Place into medium bowl with melted coconut oil.
- Add the cinnamon and toss to combine.
- Bake for 28-34 minutes, or until tender when poked with a fork. Check at around 20 minutes to prevent burning.
- Serve in slices or cut up into smaller pieces and serve over yogurt, oatmeal, or pancakes.

Recipe adapted from: <https://www.yummytoddlerfood.com/sliced-baked-apples/>