

Healthy Baked Apples

Ingredients:

- 6 large apples
- 1 cup old fashioned oats
- ½ cup pecans chopped
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon ground ginger
- 2 tablespoons coconut oil melted
- 2 tablespoons maple syrup
- ½ cup apple cider or water



1. Preheat oven to 400 degrees.
2. Core apples. Slice the tops of the apples flat + remove the stem with a sharp knife. Cut about 1/2 the way down to remove the seeds from the center.
3. Grease an oven safe baking dish with cooking spray or coconut oil (8×8 will work best), and place the apples in the dish.
4. In a bowl combine oats, pecans and spices. Add in melted coconut oil + maple syrup. Stir to combine.
5. Place apples in baking dish. Divide oat mixture evenly among the center of the apples, pressing the filling in towards the center of the apples.
6. Pour apple cider or water into the bottom of the baking dish. Cover apples with foil and bake for about 30 minutes, making sure to baste the apples with the cider every 5-10 minutes. Uncover the apples for the last 5 minutes.
7. The apples should be fork tender when cooked. Serve and Enjoy!

From: www.thecleaneatingcouple.com/healthy-baked-apples/

Healthy Apple Chips

Ingredients:

- 4 apples (crisp apples work best)
- Parchment paper
- Ground cinnamon



1. Preheat oven to 225F.
2. Wash the apples, then slice them as thinly as possible using a sharp knife. Leave the cores in the apples, but remove any seeds as you cut.
3. Line baking trays with parchment paper. Lay the apples on the tray in a single layer, as close as possible without touching.
4. Sprinkle with cinnamon.
5. Bake for 1 to 2 hours, until as crisp as desired (a shorter baking time yields a chewier chip; baking time also depends on the thickness of the chip).
6. If you'd like to store them, use a sealed container or mason jar at room temperature for about 1 week.