

WARM CARMELIZED APPLES



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INGREDIENTS

- ◆ 2 pink lady apples (washed, peeled, and cored
You can leave the peel on to absorb its important vitamins/nutrients).
- ◆ 2 tablespoons agave (or vegan sweetener)
- ◆ 1/4 teaspoon cinnamon (ground)
- ◆ 2 lemons (juice)
- ◆ 1 tablespoon extra virgin olive oil



METHOD

First, wash, peel and core the apples (you can leave the peel on for added nutrients). Chop apple into 1/4" inch slices. Set aside.

Next, heat a tablespoon of extra virgin olive oil in a small sauce pan on medium heat. Add apple slices into pan, stirring occasionally, and cook until soft.

Next, stir in agave, cinnamon, and lemon juice. (Consistency should be thick and syrupy).

Continue to heat for about 5 minutes. Syrup should form little bubbles and then you can remove from heat! Enjoy as is, or simply use as a tasty topping!

Store in glass sealed jar or container in the fridge for up to 30 days.