

Spice hot fruit baked

Measurements	Ingredients
1	apple
1	pear
110 gr	cranberries
300 gr	grapes
30 ml	orange juice
7	ground cinnamon
1 tsp	ground nutmeg
1 wedge	lemon juice
15 ml	coconut oil
60 ml	marple syrup

Preheat the oven to 150 degrees. grease a baking dish with a bit of coconut oil.

Combine apples and pears to a large mixing bowl.

Add lemon juice, cinnamon, nutmeg and toss the fruits well with a wooden spoon to coat with the juice.

Adding lemon juice will enhance the taste of fruits and prevent them from browning.

Transfer the fruits to your prepared baking dish and add in the grapes and cranberries.

In another mixing bowl whisk fresh orange juice, maple syrup, and coconut oil.

Pour the dressing over the fruits and toss well to combine.

Bake into the preheated oven for 1 hour.

Once the fruits are baked, remove from the oven and let them cool at room temperature.

Sprinkle with some more cinnamon if you like.

Macros

Fat 2.6 gr

Protein 0.8 gr

Carbs 33 gr

Fiber 3.6 gr

Sugar 26 gr

Kcal

150 per serving



prep time
10 min.



cook time
1 hour



serving
6 servings