



EASY BAKED APPLE CRISP

SERVES: 4 (1 half apple each) **Prep Time:** 15 min. **Cooking Time:** 37 min.

CONTAINER EQUIVALENTS (per serving): 1 ½ ½ 1

FOR SAUCE:

½ cup brewed unsweetened chai tea
1½ tsp. ghee (organic grass-fed, if possible)
1 Tbsp. coconut sugar
1 pinch sea salt (or Himalayan salt)
1 tsp. cornstarch (preferably GMO-free)
+ 1 tsp. water (combine to make a slurry)
¼ tsp. pure vanilla extract

FOR GRANOLA:

3 Tbsp. coarsely chopped raw walnuts
3 Tbsp. dried cranberries
3 Tbsp. unsweetened shredded coconut
3 Tbsp. dry old-fashioned rolled oats,
gluten-free
2 tsp. pure maple syrup
½ tsp. ghee (organic grass-fed, if possible)
1 Tbsp. + 1 tsp. unsweetened applesauce
½ tsp. ground cinnamon
1 pinch sea salt (or Himalayan salt)
2 medium Golden Delicious apples,
peeled, cut in half, cores removed

1. Preheat oven to 375° F.
2. Line large baking sheet with parchment paper. Set aside.
3. To make sauce, heat tea, ghee, sugar, and salt in a small saucepan over high heat. Bring to a gentle boil, stirring frequently.
4. Add cornstarch slurry; cook, stirring frequently, for 1 to 2 minutes, or until slightly thickened. Remove from heat.
5. Add extract; mix well. Set aside.
6. To make granola, place walnuts, cranberries, coconut, oats, maple syrup, ghee, applesauce, cinnamon, and salt in food processor; pulse until a fine crumb forms. Set aside.
7. Place apples on prepared baking sheet.
8. Fill each hollow center evenly with granola (approx. 1 Tbsp. + 1 tsp.). Drizzle 2 Tbsp. sauce over each apple. Bake for 30 minutes, or until apples are soft to their centers.

RECIPE NOTE:

These apples are great warm or cold; I like to have one for breakfast served in a pool of cold vanilla almond milk.

VARIATION:

You can substitute your favorite nuts for walnuts and any dried fruit for cranberries.

SPECIAL EQUIPMENT:

Parchment paper

NUTRITIONAL INFORMATION (per serving): **Calories:** 180 **Total Fat:** 9 g **Saturated Fat:** 4 g **Cholesterol:** 6 mg **Sodium:** 145 mg **Carbohydrates:** 25 g **Fiber:** 3 g **Sugars:** 18 g **Protein:** 2 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.