

BAKED APPLES

INGREDIENTS

2 medium apples, cored
1/2 cup rolled oats
1/2 tsp cinnamon
2 dates, pitted and chopped
1 tbsp ground flax seeds
1/4 cup pecans, chopped
1 cup almond milk,
unsweetened
1 tbsp maple syrup

INSTRUCTIONS

1. Preheat oven to 175°C and cover small baking dish with parchment paper.
2. Wash and core apples and place on paper.
3. In separate bowl, mix rest of ingredients together.
4. Spoon oatmeal mixture into centre of apples. If there is extra, you can spoon it onto the paper so it will crisp up like granola.
5. Bake, uncovered, for approximately 30 minutes. Check for doneness by piercing apple with a fork to test softness. If knife slides in easily, then it's done, if not, then check in another few minutes
6. Remove from oven and serve hot. Enjoy!

PER SERVING

Protein (g) 10
Carbs (g) 46
Fat (g) 23
Calories 419

Serves 1