

BAKED APPLES

INGREDIENTS

1 tbsp cinnamon	1/4 cup raisins
1/4 tsp ginger	1/4 tsp nutmeg
1/4 of a lemon	coconut oil
1/4 chopped walnuts or almonds	apples

PROCEDURE

Preheat oven to 350 degrees. Use coconut oil to coat pan.

Mixed spices, raisins, and nuts together.

Peel and slice the apples then place in pan.

Squeeze lemon juice on top of each apple.

Sprinkle cinnamon mixture over apples.

Bake for 20-30 minutes, depending on thickness of apple slices.