



Baked Cinnamon Apples

Serves 2 person snack | Prep 5 min | Cook 10 min | Ready in 15 min

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Sweet, cinnamon apples baked to tender perfection in just 10 minutes!
It's a wonderfully easy and healthy snack for the whole family!

INGREDIENTS

THE BASE BASICS

- 2 apples
- 1 teaspoon avocado oil
- 1 teaspoon cinnamon

DIRECTIONS

1. Preheat oven to 350 degrees
2. Peel your apples
3. Chop them into bite-sized chunks
4. Drizzle with avocado oil
5. Add cinnamon
6. Stir until well coated
7. Place on a cookie sheet lined with parchment paper
8. Bake for 10-12 minutes or until pierced easily with a fork

NOTES

Easily modify serving size by estimating 1 apple to 1 person. Increase amount of cinnamon as needed.