

Healthy Stuffed Baked Apples



Ingredients

- 4 medium-sized firm crisp-sweet apples, such as Pink Lady or Honeycrisp (do not use a soft variety like Cortland or McIntosh—they will not hold their shape)

For the crispy mixture:

- 1/3 cup oats (use gluten free, if needed)
- 1½ tablespoons coconut sugar
- 2 tablespoons sliced almonds
- 1 tablespoon melted coconut oil

OPTIONAL ADDITIONS:

1 teaspoon ground cinnamon, 1/4 teaspoon of ground ginger, 1 dash ground cardamom, 1 dash ground nutmeg, 1 dash ground cloves

Instructions

1. Preheat oven to 350°F.
2. Wash and pat dry apples.
3. Slice the top 1/4 off the apples and remove the core with a paring knife and a spoon. Widen the cavity just a bit so it can accommodate the crispy mixture.
4. Mix the crispy ingredients and spoon the mixture into the apples, pushing down slightly to fill the apple completely.
5. Set the apples in a baking dish and add about 1/2 inch hot water to the bottom of the dish. Cover with foil and bake for 40 minutes, or until everything is hot and the apples are tender.
6. Allow apples to cool slightly (only for a couple of minutes) and drizzle with blackstrap molasses for added minerals and sweet flavor.