



Crustless Apple Bake

8 servings

15 minutes

Ingredients

- 4 Apple
- 1 cup Pitted Dates (chopped, loosely packed)
- 1 cup Walnuts (chopped)
- 1/4 tsp Star Anise
- 1/4 tsp Cardamom
- 1/4 tsp Ground Allspice
- 1/4 tsp Nutmeg
- 1 tbsp Cinnamon
- 1/4 cup Butter
- 1/4 cup Coconut Oil

Nutrition

Amount per serving	
Calories	312
Fat	23g
Saturated	10g
Carbs	29g
Fiber	5g
Sugar	22g
Protein	3g
Cholesterol	15mg
Sodium	3mg

Directions

- 1 Slice thinly or chop apples into 1-2 inch cubes, whichever you prefer. Place in a 9-12 inch casserole dish.
- 2 Add chopped dates and walnuts and mix in with apples.
- 3 Melt coconut oil and butter and mix thoroughly with apples, dates and walnuts to coat evenly. Add all spices and mix.
- 4 Bake in a 350 degrees oven for about 35-45 minutes, stirring once to turn over.

Notes

Make it sweeter: Add more dates, or a cup of raisins in addition to the dates.

Super-charged carbs: Dates are the fruit of the date palm tree and they're one of our favorite go-to natural sweeteners or what we call a super-charged carb. In addition to natural sugars, dates have high anti-oxidants, mineral content (esp. potassium), and high fibre to slow the release of sugar - giving you a more steady energy source than other simple sugars.