

Apple Crumble Bites

4 SERVINGS 35 MINUTES



INGREDIENTS

1/2 cup Canned Coconut Milk
1/2 cup Ground Flax Seed
1 tsp Cinnamon
2 Apple (medium; cored and sliced into 1/2-inch wedges)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|---------|-----|
| Calories | 172 | Carbs | 18g |
| Fat | 10g | Protein | 4g |

DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 02 Add the coconut milk to a bowl. Add the flax and cinnamon to a second bowl and stir to combine.
- 03 Place the apple wedges into the coconut milk, in batches if needed, and toss to evenly coat the apples. One apple wedge at a time, press each side into the flax mixture. Gently tap off the excess flax coated then transfer to the prepared baking sheet. Repeat with remaining apple wedges.
- 04 Bake for 20 to 24 minutes carefully flipping halfway through or until the apples are tender. Let the apple wedges cool slightly on the pan before serving. Enjoy!