



TRAGER HEALING

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## EASY BAKED APPLES

### INGREDIENTS

Apples

½ - 1 tsp Cinnamon

### PREPARATION

Preheat oven to 375° F.

You can choose to peel or not peel your apples. If they are organic and hot off the trees, you are safe to not peel. Otherwise, it's personal preference. The peels are good fiber.

Slice as many apples as you would like to use.

Spread apples in 8x8 baking dish or pie plate.

Sprinkle with cinnamon.

Mix apples and cinnamon in baking pan.

Bake for 45 minutes or until the apples are bubbling.

### Here's the fun part:

You can add your choice of: Chopped pecans, almonds or walnuts, a "sprinkle" of brown sugar and a drizzle of vanilla

Use it as a topping over your favorite non-dairy ice cream!