

# Spicy Baked Apples



Makes: 8 – 10 servings

## INGREDIENTS

\*\* 4 medium sized apples / 24 oz. apples  
lemon juice from ½ lemon  
¼ cup light brown sugar  
1 tbsp. unsalted plant-based butter (melted)  
1 tsp. ground cinnamon  
¼ tsp. ground nutmeg  
1/8 tsp. ground clove  
1/8 tsp. ground ginger  
pinch of salt  
½ tsp. cornstarch  
½ tsp. vanilla extract  
¼ tsp. maple extract

\*\* Use a combination of your favorite apples. I used Gala and Lady Alice.



## STEPS

### Preparation – Apples

1. Peel, core and slice apples. I sliced them to ~½" – ¾" thick.
2. Coat each apple slices with lemon juice as soon as they are sliced. This is to prevent browning especially if you are using apples of the sweeter variety.
3. Place sliced apples in an 8"x8" bakeware dish.

### REMAINING STEPS

1. Preheat the oven to 350°F.
2. To the apples in the bakeware dish, add the remaining ingredients. Toss gently to combine.
3. Bake the apples for ~15 mins.
4. After 15 mins, remove the apples from the oven. Stir the apples coating each slice with syrup.
5. Return the apples to the oven and bake for another 15 mins.
6. Remove after the last 15 mins. Serve warm with nice cream or oatmeal.