

waffled apples

SERVES 1

RECIPE FROM: [Cupcake Project](#)

COOK TIME: 5 minutes

1 medium apple, sliced about ¼" thick

Cinnamon, to taste

These taste exactly like slow-cooked baked apples but in a fraction of the time!



PREHEAT waffle iron.

SPRAY waffle iron with olive oil spray or melted coconut oil, butter or ghee (if not non-stick).

SPRINKLE cinnamon on both sides of the apple slices.

PLACE one apple slice into each section of the waffle iron.

COOK for 1-2 minutes, or until apples start to look "waffled" and caramelized.

GENTLY remove from iron.

REPEAT until all apple slices are done.

SERVE immediately!

MAKE IT A SNACK: Serve with plain Greek yogurt, nuts, seeds, or cheese.