

Cinnamon Apples with Crunchy Granola

Serves 8



Ingredients:

For the Cinnamon Apples:

- 3 pounds firm apples e.g. Gala or Fuji, sliced into large chunks or wedges
- ½ cup water, more if needed
- ½ teaspoon cinnamon
- 2 Tablespoons brown sugar

For the Crunchy Granola:

- 1/3 cup sunflower seeds
- 1/3 cup pumpkin seeds
- 1/3 cup coconut flakes
- 1 Tablespoon olive oil
- 1 cup rolled oats
- 1 teaspoon cinnamon
- 1 1/2 Tablespoons honey
- 1/2 teaspoon vanilla
- 1/3 cup golden raisins
- Optional add-ins: dried fruit, sesame seeds, nuts, etc



Instructions:

For the Cinnamon Apples:

1. In a large skillet with a lid, combine water, cinnamon, and brown sugar over medium low heat.
2. Once sugar is dissolved, add apple chunks or wedges and stir well to coat.
3. Lower the heat and cover until apples are softened, about 20 minutes. Add water if the pan starts to look dry.

For the Crunchy Granola:

1. Place all ingredients except for honey into a quart container or a container with a lid and shake to combine. Add honey and shake again, mixing if needed to avoid clumping.
2. Preheat a skillet to medium heat. Place mixture into the skillet to toast, stirring occasionally, until fragrant and golden brown (about 3-5 minutes). Be sure to watch carefully to avoid burning!
3. Unplug skillet and cool in an even layer in pan or on parchment paper.