



Sliced Apples with Walnuts & Oats



Ingredients

- 4 gala apples, 1/4" slices and then cut in half or apple of your choice
- 1 Tbsp maple syrup
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1 Tbsp coconut oil
- 1/4 cup walnuts, raw, chopped
- 1/2 lemon, juiced
- 1/2 cup oats, old-fashioned

Directions

1. Core the apples and cut into 1/4" slices.
2. Cut the slices in half. Chop the walnuts.
3. Preheat a non-stick skillet over medium heat.
4. Melt the coconut oil in the pan and swirl to coat.
5. Meanwhile, in a medium sized bowl add the apple slices, cinnamon and lemon juice.
6. Toss to combine.
7. Add the apples, maple syrup and chopped walnuts to the pan.
8. Cook 4-5 minutes until apples are slightly softened.
9. Remove from heat and divide the rolled oats evenly among the portions.
10. Serve immediately.

Nutrition Facts

- calories per serving: 260
- total fat: 5.3g
- cholesterol: 0 mg
- sodium 99 mg
- total carbohydrates: 49 g
- total sugars: 15 g
- protein: 7 g

TOTAL TIME: 10 MIN.

SERVINGS: 4

RECIPE FROM LIVINGPLATE