

Cinnalicious Stuffed Apples

Ingredients

1

LeafSide Apple Cinnamon Crunch Sweet-Bowl

as desired

Plant based yogurt
(recommend unsweetened vanilla)

12 teaspoons

date paste (dates & water)

6

medium apples
(recommend Honeycrisp)

as desired

Ceylon cinnamon

Amplify the fabulous flavor of fall's favorite fruit with this luscious, comforting, and easy to prepare autumnal classic. The deliciously sweet combination of tender, juicy apples paired with caramelly dates & warm Ceylon cinnamon is so sweet and decadent, you & yours won't believe there's no added sugar! This beautifully healthy dessert is perfect for pampering yourself on a cool & cozy afternoon, or for serving on a holiday platter to wow your family & friends.

Makes 6 Servings

PREP TIME: 20 minutes • COOK TIME: 45 minutes

soy
free

wheat
free

♦ **Tools Needed:** oven, food processor, foil, parchment paper, apple corer or knife

1. Prepare a LeafSide Apple Cinnamon Crunch Sweet-Bowl as directed on the package, & set aside
2. Preheat oven to 375 and core 6 medium apples; use an apple corer for ease & speed
3. Prepare date paste: add 12 dates to food processor with enough water to not quite cover them; blend to a paste consistency (add more dates if too thin; add more water if too thick).
4. Place apples on parchment paper in glass baking dish and fill the bottom of each with 1 teaspoon of date paste; add a heaping 1/4 cup of Apple Cinnamon Crunch to fill remainder of core
5. Cover dish loosely with foil and bake for 45 minutes
6. Remove foil & plate, adding date paste to the top of each apple (recommend drizzling more across all apples for presentation), along with a drizzle of plant based yogurt & a dusting of Ceylon cinnamon to taste

Other suggested toppings: dried cranberries, pomegranate arils, raisins, pecans, walnuts, pumpkin seeds, unsalted almond butter, unsweetened coconut flakes.



For best presentation, we recommend drizzling more date paste across all apples and topping with pomegranate seeds, and walnuts.

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Unique Whole Plant Foods

Treat Yourself to a Date

Pssst, want a guilt-free sweetener? In fact, it's actually good for you, so you can eat it to your heart's content — literally! That's the wrinkly beauty of dates: they're one of nature's sweetest foods, with high whole-plants sugar content that can taste like sunkissed caramel.

Yet like other whole, unprocessed green-light foods, they only bring health benefits, with one study seeing no blood sugar spikes nor weight gain while eating almost a quarter pound per day for a month, proving that sugars are not created equal.

Dates in particular also bring at least 15 different minerals, high fiber for your microbiome, essential vitamins, and plenty of antioxidants. No wonder some researchers have called it "an ideal food!"



Have Feedback?

Scan the QR code with your phone camera.

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Dessert