

Apple Bites

We adapted this recipe from a recipe we found here - they get all the credit for the idea!!
<http://paleomg.com/21dsd-green-apple-and-coconut-treats/>

First Step

2 large Green Apples - diced
2 TB Coconut Oil
pinch of salt

2 tsp Cinnamon

Second Step

3 TB Coconut Oil
1/2 cup Coconut Butter



- 1 Dice the apples and in a medium pot sauté in the oil once it is heated. Once the apples are soft add the cinnamon and salt. Set aside.
- 2 Now soften the coconut butter and oil in a smaller pot - don't melt down completely, just soften.
- 3 Now mix both together well and scoop into paper muffin cups, about a 1/2 inch thick. Depending on how much apple you should get 9-12. Place in the fridge for at least 20 min or longer to solidify and then enjoy!!

Yield: 9-12

Source

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