

Baked Apple

Ingredients: (Yields 1 serving)

1 each Granny Smith apple, cored, brushed with coconut oil and baked at 350 until golden brown
4 oz. pre cooked gluten-free oats or granola
1 tbsp. ricotta cheese
1 tsp. maple syrup
cinnamon to taste

Method:

- Cook oats according to instructions OR use granola.
- Add remaining remaining ingredients to baked apple and serve.