

# ALMOND BUTTER STUFFED APPLES

*Serves 4*

## INGREDIENTS

- 4 apples
- ½ cup almond butter
- 2 Tbls. olive oil or melted ghee
- 2 Tbls. date syrup, liquid monkfruit or allulose
- ½ tsp cinnamon
- Pinch nutmeg
- Optional Sauce: ½ cup plain kefir + 1 scoop vanilla protein powder



## INSTRUCTIONS

1. Preheat oven to 400F.
2. Use an apple corer or paring knife to remove the core of each apple, but do not puncture all the way through the bottom of the apple.
3. Stuff each apple with almond butter. Then place all 4 stuffed apples in a rimmed & greased baking dish.
4. Whisk together the olive oil or ghee, sweetener & Cinnamon in a small bowl and drizzle over the top of all the apples.
5. Bake for 35-45 minutes until apples are tender and there is a pool of juices in the baking dish. Remove from the oven and let cool a few minutes.
6. While apples cool, whisk together kefir and vanilla protein powder until it makes more of a glaze-like sauce. Serve baked apples with sauce on top and drizzle any remaining juice from the baking dish over top as well.