



Ashley's Meal Prep Monday!



Air Fryer Apples

INGREDIENTS

2 apples: peeled, cored and cut into 1-inch bite sized cubes

2 TBSP maple syrup, divided

1 TBSP melted coconut oil

1 TSP cinnamon

Pre-heat air fryer to 380 and lightly spray with non-stick spray or use a parchment paper insert. Add peeled apples to a bowl and toss with 1 TBSP syrup, melted coconut oil, and cinnamon.

Add apples to heated air fryer basket, making sure they aren't overlapping too much, otherwise they won't cook properly. Air fry for 14-ish minutes, shaking halfway through. They should be golden, slightly crispy on the outside and tender on the inside.

Remove from air fryer and toss with the remaining syrup. Enjoy with ice cream, oatmeal, or whatever your heart desires!



Recipe: www.healthfulblondie.com

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