

Total Home Makeover

VINTAGE & HANDMADE

Directions: Print onto cardstock.



BAKED APPLE MEDLEY

Servings: 4 Calories: 134

Ingredients:

2 organic Macintosh apples
1 organic green apple -tart!
1 organic golden pear
1 Tbsp. organic butter*
1 tsp. pumpkin pie spice
1 Tbsp. filtered water

Directions:

Wash, core and dice apples and pear into bite-sized pieces. Grease casserole dish with butter. Arrange fruit medley in dish. Sprinkle with pumpkin pie spice and water. Cover with foil or lid. Bake in 350 oven for 30 minutes.

Tip: Serve in dessert dish drizzled with a little organic milk or coconut milk*.

*Coconut Oil can be substituted for dairy-free diet.

**Check ingredient list and avoid brands with carrageenan or make homemade.

