AMERICAN · DESSERT · SNACK

Cinnamon Baked Apples (No Added Sugar)

35 min · Serves 6 · 127 kcal a serve · Video 3:58 · Heidi's Home

Vegan · Gluten-free ingredients · Nut-free

A warm dessert with no added sugar: all the sweetness comes from the apples, with a little coconut oil, cinnamon and vanilla, at roughly 125 kcal a serve.

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Ingredients 5 · SERVES 6

- ☐ about 6 **apples**, peeled, cored and cut into pieces
- ☐ a little **lemon juice** (about 2 tsp)
- ☐ a couple of tablespoons **coconut oil**, melted
- ☐ **ground cinnamon**, as much as you like (about 2 tsp)
- ☐ 1 tsp **vanilla extract**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 200°C. Peel, core and cut the apples into chunks, toss them with a little lemon juice and spread them in a baking dish. 0:28
2. Stir the cinnamon and vanilla into the melted coconut oil. 0:49
3. Pour this over the apples and toss with clean hands until every piece is coated. 1:47
4. Bake for about 10 minutes, stir so every piece is coated again, then bake about 10 minutes more (20–25 minutes in all) until soft when pierced with a fork. Toss once more and serve warm. 2:17

> **Tip** Serves 6, about one apple each (our estimate; the cook doesn't say). Good with a spoon of vanilla Greek yoghurt. Use firm apples that hold their shape.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
127 kcal	0.5 g	23 g	4.2 g	4.8 g	0 mg
530 kJ	1% of a day	19 g net · 17 g sugars	15% of a day	3.7 g saturated	0% of a day
		8% of a day		6% of a day	

Energy from net carbs 62% · protein 2% · fat 36%

Recipe and video: Heidi's Home (@heidishome2937) on YouTube — youtube.com/watch?v=4oVMpXJbNmo, published 21 February 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/heidi-cinnamon-baked-apples