



AUTUMN APPLE RECIPES

savory & sweet!

Apples are in season, and they're good for more than you'd think! Try out my savory stir fry that uses apples for a touch of sweetness, and make an "apple pie" healthy by focusing on the apples!



CHICKEN APPLE STIR-FRY

- 1 lb (450g) chicken breast, cut into cubes
- 2 tsp coconut oil
- 2 carrots, sliced
- 1 cup (150g) onions, sliced
- 2 cloves garlic, diced
- 1 apple, chopped
- 8 oz can (225g) water chestnuts, drained
- ½ tsp salt & pepper
- ¼ cup (60mL) broth (chicken or vegetable)
- 2 Tbsp soy sauce
- ½ tsp ground ginger
- ½ tsp sesame oil

- Combine broth, soy sauce, ground ginger and sesame oil for sauce. Set aside.
- In a large saucepan, add coconut oil, followed by onion, carrots, & garlic. Sauté over medium high heat until onions are translucent, about 3-5 minutes. Then add in cubed chicken.
- Once chicken is mostly cooked through, 5-7 minutes, add in chopped apples.
- Stir in the sauce and allow it to come a boil, then allow to simmer 5-10 minutes until thickened.
- Last, add water chestnuts. Allow to saute for another minute before serving and enjoy! Yum!

NUTRITION (per serving, yields 4)
209 cal | 18g carbs | 5g fat | 22g protein



CINNAMON BAKED APPLES

- 4 apples, chopped or thinly sliced
- 2 Tbsp coconut sugar (or other sweetener)
- 1 tsp coconut oil or lemon juice
- ½ tsp cinnamon
- ¼ tsp ground cloves
- pinch of salt

- Add all ingredients to a large mixing bowl.
 - Mix to coat the apples thoroughly.
- Add apple pieces/slices into individual ramekins or a large dish, whichever you prefer.
- If using ramekins, place on a small baking pan.
 - Dust with a little extra coconut sugar and cinnamon.
- Bake in an oven preheated to 375°F (190°C) for about 35-40 minutes, until nice and tender.

NUTRITION (per serving, yields 6)
70 cal | 17g carbs | 1g fat | 0g protein

Recipe is for 6 small ramekins– for full baking dish, double the recipe.



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