

Baked Apple Slices

2 Tbsp butter or coconut oil

4 medium apples (a mix of tart and sweet-crisp)

¼ cup honey, maple syrup or 2Tbsp of sugar

1 Tbsp cornstarch

2 teaspoons ground cinnamon

½ tsp ground allspice

¼ tsp kosher salt

2 Tbsp bourbon or water

- Preheat oven to 350 degrees F
- in a very large microwave-safe bowl, heat the butter in microwave until it melts.
- To the mixing bowl, add the apple slices, honey, cornstarch, cinnamon, allspice, salt, and bourbon. Stir to coat
- Pour the mixture into a deep 9x9 or similar sized baking dish. Pour any liquid that has collected in the bottom of the bowl over the top
- Bake for 25 minutes, until fork tender but not mushy

