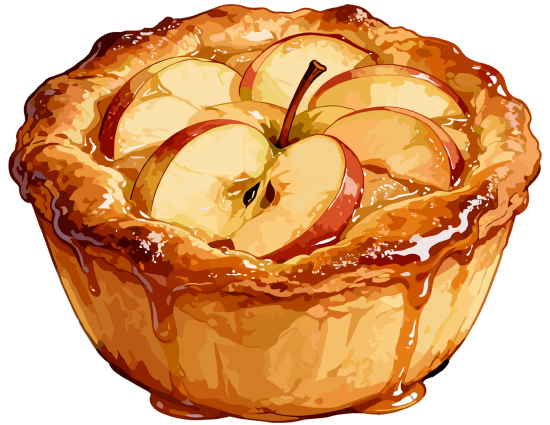


Baked Apple Slices

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
⅛ tsp ground allspice
⅛ 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