



Culinary Creations

by Connie

Personal Chef & Event Planning Services

Passion ~ Love ~ Food

HASSELBACK APPLES

6 Servings

3	Large	Large Firm Apples
4-5	T	Maple Syrup
3	T	Melted Butter, Olive Oil or Coconut Oil
1	Tsp.	Ground Cinnamon
4	T	Old Fashion Rolled Oats – (Organic Gluten Free recommended)
2	Tsp.	Almond Flour, Oats Flour or Gluten Free
¼	Tsp.	Kosher or Sea Salt
3	T	Chopped Walnuts, Pecans or Almonds

Pre-heat oven to 400

Starting at outermost edges, cut most (but not all of the apple) of the way through, each apple half at 1/8" intervals. Place apples flat side down, in 8" greased pan, coated with olive oil, cooking spray or line pan with parchment paper. Place 1 T. butter or oil, 1 T. Maple Sugar, ½ tsp. cinnamon brush mixture evenly over apples.

Cover pan with foil, bake at 400 for 20 minutes. Remove foil and return to oven bake for 10 more minutes or until apples are tender. Remove pan from oven cool 10 minutes

Combine the remaining 3 T. Maple Syrup, 1 ½ T Butter or Oil, ½ tsp of Cinnamon, oats, flour, nuts and salt. Carefully fan open apple halves. Spoon oat mixture evenly over apples. Bake at 400 for 10 minutes. Turn broiler to high, broil 2 minutes.