

Stewed Apples

Ingredients

1 apple, firm and tart
1 teaspoon coconut oil
1/4 teaspoon ground cinnamon
1/8 teaspoon almond extract
1 teaspoon lemon juice



Method

Core the apple and slice it into very thin wedges (~20-24 wedges for a large apple). Heat the oil over medium flame in a skillet for which you have a tight-fitting lid. Add the apple and cook for a few minutes, tossing the apples occasionally. Add the cinnamon, almond extract, and lemon juice. Stir to combine. Cover the skillet and cook until the apples are soft but still intact, and have rendered their juices. Remove the lid and allow the juices to reduce to a thick syrup. Serve hot