



THE ingles TABLE

with Jasmin Queen
Mini Apple Pies

Shopping List

- 3 Dates
- Almond Meal
- Coconut Oil
- Pink Salt
- 3 Apples
- Honey
- Corn Starch
- 1 Vanilla Bean
- Cinnamon

Cooking Instructions

Crust

1) Add 1/8 cup coconut oil, 1/8 cup warm water, and dates to food processor.

2) Add almond meal and process until a loose dough is formed.

3) Heat oven to 400 degrees.

4) Place 12 cupcake liners into muffin pan and fill with about 1 1/2 tablespoons of dough mixture. Press the dough down and flatten.

5) Bake for 10 minutes.

Filling

6) Dice 3 apples and place in a sauce pan with 1/4 cup water, 1/4 cup honey, a sprinkle of cinnamon, and 1 tablespoon of corn starch.

7) Slice vanilla bean lengthwise and scrape out the beans, add to the apples.

8) Remove crust from the oven and fill with apple mixture.

9) Bake for another 5 minutes. Cool and enjoy. From the oven and serve 1/2 of the chicken breast over 1/2 of the zucchini noodles.



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