INGREDIENTS

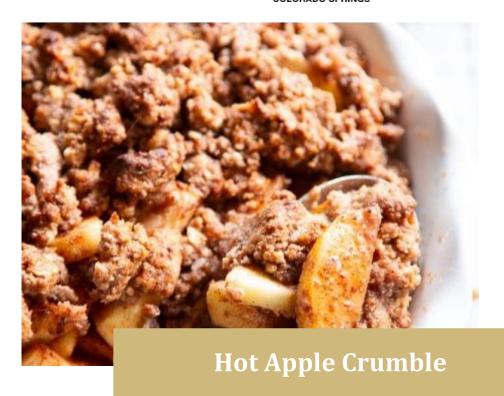
- 5 Large Apples
- 1 Banana
- 1 tbsp Cinnamon
- 2 tbsp Maple Syrup
- 1 tbsp Ground Flax Seed or Chia Seeds
- 3 cups Oats
- ½ cup Nut Butter
- ½ cup Applesauce

• 1/3 cup Dark Chocolate Chips

DIRECTIONS

- 1. Preheat oven to 375 F.
- 2. Chop the apples into thin slices or small bite size pieces. The smaller you chop the faster they cook!
- 3. Season apples with ½ tbsp cinnamon, 1 tbsp maple syrup, mix and taste for your preference.
- 4. Place the mixture into the bottom of a cooking pan and spread evening.
- 5. Mash the banana and mix with nut butter, ½ tbsp cinnamon, 1 tbsp maple syrup, apple sauce, and flax/chia together. Taste for your preference and then add oats.
- 6. Layer the mixture on top of the apples. Place chocolate chips on top.
- 7. Bake for around 30 minutes or until desired texture.
- 8. Enjoy!





Dairy-Free | Gluten Free | Vegetarian | Vegan

Yield: Prep Time: Cook Time: 12 Servings 15 Min 30 Min