SHOPPING LIST

Baked Apples with Oats, Dates and Walnuts

Serves 4

- [ ] 4 large firm apples
- [ ] 40 g rolled oats
- [ ] 60 g dates, chopped
- [ ] 40 g walnuts, chopped
- [ ] 2 tbsp maple syrup
- [ ] 2 tbsp coconut oil, melted
- [ ] 1 tsp ground cinnamon
- [ ] A pinch of salt
- [ ] 100 ml apple juice

Tick off what you already have at home.