



Apple Pie Stuffed Muesli Cups

A fresh apple filling stuffed into the middle of muesli bite

SERVINGS: 12-24 PREP TIME: 25 min
TOTAL TIME: 40 min

Ingredients

2-1/2 cups rolled oats (1 cup ground into flour)

2/3 cup coconut sugar, divided

1/3 cup honey

1/3 cup unsalted butter, melted + 2 Tbsp

2/3 tsp vanilla extract

4 McIntosh apples finely chopped

1 Tbsp ground cinnamon

1-1/2 tsp. cornstarch or xanthan gum

1/2 tsp ground nutmeg

Directions

Preheat oven to 360 degrees. Lightly grease a 12 or 24 count mini-muffin pan. Pour 1 cup of rolled oats into a food processor. Process for about 1 minute until oats are pulverized into oat flour. Add in the remaining rolled oats and 1/3 cup coconut sugar. Pulse until base is in small bits. Pour in honey, melted butter, and vanilla extract. Pulse just until combined.

Fill each muffin tin about 3/4 way full. Using your finger, small shot glass or a spoon, press down into center of each pie to create a cup for the filling.

Meanwhile, melt about 2 tablespoons butter in a medium skillet over medium-high heat. Add chopped apples and cook until beginning to soften. Add 1/3 cup coconut sugar, cornstarch/xanthan gum, nutmeg, salt and cinnamon and cook until soft and caramelized. Stuff apple filling into cups. Bake in the oven for 10 to 15 minutes (depending on size) or until golden brown.



Biked Goods
Recipe

Find more recipes at: BikedGoods.Co

Tag @bikedgoods.co on Instagram and use hashtag #BikedGoods to share with the community!