



21DSD Green Apple and Coconut 2-Bite Treats

Ingredients

- 1 green apple, cored and diced
- ½ cup [Coconut Cream Concentrate](#) or [homemade Coconut Butter](#)
- 3 tablespoons [coconut oil](#)
- 2 teaspoons cinnamon (or more, if you'd like)
- pinch of salt
- 2 extra tablespoons [coconut oil](#), for cooking

Instructions

- 1 Place a medium skillet over medium-high heat.
- 2 Add 2 tablespoons of coconut oil to the pan. Once hot, add diced apples and begin to cook down, making sure they do not burn.
- 3 Once apples are soft, add the cinnamon and a bit of salt.
- 4 Now you need to get the coconut oil and coconut butter soft, so place both in a bowl and into the microwave for about 30 seconds, then mix with a spoon.
- 5 Then add the sautéed apples to the bowl with coconut butter and coconut oil and mix well, adding a bit more cinnamon.
- 6 Now use a spoon to scoop out 1-2 tablespoons of your chunky mixture into a silicone liner in a muffin tin. Repeat until mixture is gone. If you do not have silicone liners, use paper (they may just stick a little).
- 7 Place in fridge for at least 20 minutes before eating. Also store in the fridge because they may want to melt!
- 8 Makes about 9 discs.
- 9 Enjoy the [21 Day Sugar Detox](#)!

<http://paleomg.com/21dsd-green-apple-and-coconut-treats/>