



CARMEL APPLE RINGS

INGREDIENTS

Ingredients:

- 1 lemon, juiced, divided
- 3 red apples
- 1 cup Medjool dates, pitted
- 1 inch vanilla bean (optional)
- ½ cup water

OPTIONAL TOPPINGS

- 1 cup raspberries
- ¼ cup raisins
- ¼ cup dried mulberries
- ¼ cup shredded coconut (leave out if fat-free)
- 2 tablespoons raw honey

DIRECTIONS

- 1. Preheat your oven to 200F
- 2. In a baking dish add the tomatoes and garlic cloves and coat them in olive oil.
- 3. Bake low and slow for 2 hours. Remove from the oven, mix together, and let cool.
- 4. Top the crostini bread pieces with slow-roasted tomato mixture and decorate with fresh coarsely chopped basil, salt and pepper.
- 5. Serve and enjoy!

Recipe from Jessica's Creative Kitchen