



Instant Pot “Baked” Cinnamon-Ginger Apples

Active Time: 10 minutes | **Total Time:** 30 minutes | **Serves:** 4

Nutrition Information Per Serving

148.8 calories, 23.36 g carbohydrate, 4.72 g fiber, 18.64 g NET carbs, 0.59 g protein, 6.34 g fat

Ingredients

- 4 small(s) organic gala apples, cored
- 2 Tbsp(s) lemon juice
- 3/4 cup(s) water
- 4 tsp(s) coconut oil
- 2 tsp(s) cinnamon
- 1/2 tsp(s) ground ginger
- 1 Tbsp unsweetened shredded coconut

Preparation

1. Place apples in pressure cooker. Pour in the water and lemon juice and add the coconut oil.
2. Sprinkle the apples with the cinnamon and ginger.
3. Close and lock the lid. Set pressure to “Manual” and time for 10 minute on HIGH pressure.
4. When the apples are finished cooking, allow the pressure to release naturally.
5. Garnish with coconut flakes.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.