

# Apple Noodles

with Toasted Coconut



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## Ingredients

- 1 apple per person
- Coconut oil
- Cinnamon, to taste
- Coconut flakes (enough to sprinkle over each serving)

## Instructions

1. Spiralize each apple, using the attachment that makes thin spaghetti-like noodles.
2. Melt about ½-1 tablespoon of coconut oil in a skillet over medium-high heat. If you're making multiple apples, add more oil as needed.
3. Sauté your apple noodles in the coconut oil until softened and warmed through.
4. Add cinnamon (to taste) and stir to combine.
5. Once your apples and cinnamon are finished, remove from skillet and set aside on your serving plate.
6. In the same skillet over medium heat, toss in your unsweetened coconut flakes. Allow them to get toasty and brown, but don't let them burn. The flakes will pick up the leftover cinnamon bits and apple juices, making them the perfect topping.
7. Top your apple noodles with the coconut, and enjoy!