



Simple | Healthy | Delicious

Apple Blondies

INGREDIENTS

1 medium apple, chopped
1 tablespoon butter
¼ cup brown sugar (plus 2 tablespoons, separate)
½ cup organic cane sugar
½ cup olive oil
1 tablespoon pure vanilla extract
1 egg
½ cup Nature's Earthly Choice™ Apple Flour
½ cup all-purpose flour
Pinch of salt
2 teaspoons ground cinnamon
Butter or coconut oil for greasing



DIRECTIONS:

1. Pre-heat to 350 degrees Fahrenheit. Meanwhile, in a pan, melt butter over low heat. Add chopped apples and 2 tablespoons brown sugar. Cook for 6 to 7 minutes, or until the sugar has dissolved and the apples are soft.
2. In a bowl, combine the cane sugar, ¼ cup brown sugar, and olive oil. Whisk together until smooth.
3. Add egg and vanilla extract. Stir well.
4. Mix in both flours, salt, cinnamon, and cooked apples.
5. Pour into greased 9x9" pan and cook for 35 to 40 minutes, or until the top turns golden brown. Chill for 1 hour before slicing and serving.