



## ME Recipe: Inside-out Apple Cobbler

### Ingredients:

- Apple of choice
- Oats/Oat Bran
- Sugar substitute of choice
- Ground Cinnamon
- Dried fruit(cranberries/blueberries)
- Butter

### Directions:

Mix dry ingredients in a bowl. Core several apples and place in crock pot. Spoon dried ingredients into cored apples. Top with butter and cook till apples are soft (several hours depending on your setting).

Save in fridge to use throughout the week. Microwave one or two apples to drink with our post workout shake, or have with eggs as a meal.

Also makes great evening desert when topped with Breyer's Carb Smart ice cream.