



# Spiced Fruit Bake

Makes 5 servings

## Ingredients

2 cups sliced apples  
2 cups sliced pears  
1 ½ cups fresh cranberries  
1 cup pineapple chunks (reserve juice)  
2 teaspoons lemon juice  
½ cup coconut sugar

1 tablespoon honey  
1 teaspoon cinnamon  
¼ teaspoon nutmeg  
½ stick butter, melted  
2 tablespoons coconut oil  
⅓ cup walnuts, chopped

## Instructions

1. Preheat oven to 300 degrees.
2. In a large bowl, coat fruit in lemon juice, set aside.
3. In another bowl, combine melted butter, sugar, spices and coconut oil, add honey and a little pineapple juice, stir until ingredients are well incorporated.
4. Pour ¾ butter mixture over fruit and toss to combine.
5. Spread fruit evenly on a 9x12 baking sheet.
6. Pour remainder of butter mixture on top of fruit.
7. Bake for 45 minutes.
8. Add walnuts and bake an additional 15 minutes.
9. Serve over ice cream or oatmeal for breakfast.

## Nutrition Facts

Serving Size: ⅓ cup; Calories Per Serving 398; Total Fat 16g; Cholesterol 24mg; Sodium 66mg; Potassium 264mg; Carbohydrates 66g; Protein 2g

Source: [www.cottercrunch.com](http://www.cottercrunch.com)

