

# WOLF RIVER APPLE DELIGHT

A QUICK AND SIMPLE SEASONAL DESSERT

This simple dessert is made with local ingredients and a hit with the whole family. Use coconut oil and lactose free Ice cream to make this a dairy free delight.



## INGREDIENTS

- 1 Large Bluebird Estates Wolf River Apple
- 1/4 Cup Savor Grass-Fed Butter
- 1/4 Cup Hardwood Island Maple Syrup
- Dairy-free ice cream or Coconut Cream for topping

## DIRECTIONS

1. Remove the core from the apple without peeling or cutting the apple.
2. Cut the apple into 3/4 inch circles
3. Melt the Savor Grass-Fed Butter in a large non-stick frying pan and slowly fry the apple circles until they start to brown. Then turn over and repeat on the other side.
4. Add the Hardwood Island Maple Syrup to the pan and continue to cook until butter and syrup start to caramelize.
5. Remove apple circles into individual serving dishes and top with your favourite dairy-free ice cream. Drizzle the thickened syrup/butter mixture from the pan on top and serve warm.

Note: Add a hint of Organic Cinnamon or Nutmeg for extra flavour.

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