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CARAMELISED APPLE SANDWICH

Ingredients (Serves 2)

- 4 slices of brown bread (preferably sourdough brown wholewheat)
- Amanprana Gula Java coconut blossom sugar
- cinnamon
- 1 large apple
- Amanprana extra virgin coconut oil

Preparation

Curious to find out how easy this healthy lunch idea really is?

Spread coconut oil on both sides of the slices of bread. Sprinkle with coconut blossom sugar on all sides. Peel the apple and slice in thin slices. Arrange the apple slices on two slices of bread.

Sprinkle with cinnamon and cover with the other two slices of bread. Fry the sandwiches in a pan on both sides until the sugar forms a nice hard crust (make sure the sugar doesn't burn) and the apple has softened.

Slice the sandwich in two and enjoy!

Recipe taken from Lisette Kreischer's "Ecofabulous" cookbook www.lisettekreischer.com

Gluten free

Vegetarian



Vegan



Raw food

