

## Apple Crip Foil Packs

### Ingredients

- 2 apples
- 2 tsp. coconut sugar (or light brown sugar)
- ½ tsp. cinnamon
- 2 tsp. ghee, coconut oil, or olive oil (you can use butter if you choose)
- ½ cup of granola (you can make homemade granola, use a granola bar crushed up, or buy a bag of granola from the store)



### Directions

1. Cut off two squares of heavy-duty aluminum foil.
2. Arrange one thinly sliced apple on each sheet.
3. Sprinkle each apple with half of the coconut sugar and cinnamon with a pinch of salt.
4. Add 1 tsp. of your oil of choice and half the granola to each packet.
5. Fold over the sides of the foil to seal the apples inside.
6. Cook over the charcoal fire for about 15-20 minutes, depending on how thin your apples are sliced and your prepared texture of apples.
7. *You can also cook these on a grill on medium heat for approximately the same time. These can be baked in the oven on 350, but be sure to put the foil packet in a baking dish or on a baking sheet to catch any drippings.*
8. *You can choose to use another fruit such as peaches. Cook time may be adjusted depending on the softness of the fruit.*