



## *Spiced Hot Fruit Bake*

*Yield: Serves 5*

### *Ingredients*

*2 c. Sliced Apples  
2 c. Sliced Pears  
1 1/2 c. Fresh Cranberries  
1 c. Pineapple Chunks (Save The Juice)  
Lemon Juice  
1/3 c. Brown Sugar  
1 T Agave or Honey  
1 t. cinnamon  
1/4 t. nutmeg  
1/2 stick melted butter  
2 T melted Virgin coconut oil  
1/3 c. Chopped Nuts*

### *Directions*

- 1. Preheat oven to 300F.*
- 2. In a large bowl, toss your fruit and add in 1-2 tsp lemon juice. Set aside.*
- 3. In another glass bowl, combine your melted butter, sugar, spices, and coconut oil.*
- 4. Add in honey and a little bit of your leftover pineapple juice as well.*
- 5. Add this sugar/butter mixture to your fruit and coat evenly.*
- 6. Pour fruit evenly in a 9x12 baking dish.*
- 7. Pour the leftover sugar/butter/oil mixture on top.*
- 8. baking for 1 hr.*
- 9. Add your nuts last.*
- 10. Mix fruit again and serve.*
- 11. You can also add your nuts in the last 30 minutes of the baking time if you prefer them hot and baked as well.*

