

# BAKED “APPLES”



## SERVING SIZE

4



## INGREDIENTS

### ITEM

Large Zucchini, peeled and chopped into small cubes  
Walden Farms Apple Butter  
Allspice  
Fresh Lemon Juice  
Cinnamon

### QUANTITY

4  
4 Tbsp.  
1 Tsp.  
1 Tbsp.  
1 Tsp.



## PREPARATION

- Pat the zucchini cubes dry with a paper towel to remove excess moisture.
- In a mixing bowl, combine zucchini cubes with apple butter, allspice, cinnamon, and lemon juice. Stir to coat evenly.
- Preheat oven to 375°F (190°C).
- Spread the mixture in a single layer on a parchment-lined baking sheet or baking dish.
- Bake for 25–30 minutes, or until zucchini is tender and slightly caramelized.
- Serve as a cozy side — optionally garnish with a sprinkle of cinnamon or Ideal Protein-friendly whipped topping.