

Apple Pie Tacos



INGREDIENTS

- 2 large granny smith apples, peeled and diced approx 1/4"
- 1/4 cup sugar of choice (coconut, cane, brown)
- 1/8 tsp cinnamon (ceylon) + a dash
- Dash of salt & nutmeg
- 3 tsp butter/ghee/coconut oil (aka fat)
- Squeeze of 1/2 lemon juice
- Water (if needed)
- 6 tortillas of choice
- 2 packs of Honey Sweet Goji Supernola

INSTRUCTIONS

1. Dice up the apples and add them to a deep pan with the sugar, spices, lemon juice, and cinnamon into a pot. Cook on medium heat for about 5 minutes while stirring, adding water if necessary
2. Gently stir in the fat of choice after 5 minutes
3. Remove from heat to thicken as it cools
4. Heat a pan on medium-high heat
5. Add a small amount of fat and a dash of cinnamon
6. Gently toast the tortilla
7. Fill your taco with the apple filling and top with Honey Sweet Goji and enjoy!

Superfood Highlight: Ceylon Cinnamon

- Not all cinnamon is created equal: normal cinnamon is cassia which is very cheap and found around the world but mostly comes from China. What's called "True cinnamon" is ceylon cinnamon, the kind we use in Supernola. It's mostly grown in Sri Lanka.
- Cassia cinnamon has a very strong, spicy flavor, while ceylon has a mildly sweet flavor.
- The important difference between these two besides the flavor is that one of these contains a toxin that is harmful if you eat too much of, so all you pumpkin spice and apple pie lovers beware!
- The cinnamon you're used to eating, cassia, should be used sparingly. If you love cinnamon and put it on everything, switch to ceylon to protect yourself from toxins and get more of the good health benefits from cinnamon!
- Cinnamon is loaded with antioxidants and resulting anti-inflammatory properties
- Cinnamon also has been known to reduce insulin resistance which means it could help lower blood sugar levels and slow the breakdown of sugars and carbohydrates during digestion.