

RECIPE

Apple “Toast” with Chicken & Fig Spread



Ready in 30 minutes

Yield 6-8 Apple toasts

Ingredients

- 2 large apples, cored and sliced
- 1 tablespoon coconut oil
- 1 cup cooked and shredded chicken
- 3 tablespoons unsweetened fig preserves
- Sea salt/pink Himalayan salt to taste
- Pepper to taste (optional)
- 2 tablespoons chopped cilantro

Directions

Preheat your oven to 375°F.

Rub apple slices with oil and place on a baking sheet. Bake apples in a preheated oven for 5-10 minutes on each side until they are crisp.

In a bowl mix together the remaining ingredients.

Spoon mixture onto apple toasts and serv

The Source ...

This recipe is from The Hashimoto's Protocol by Izabella Wentz, PharmD, FASCP. Check out her website to learn more

<https://thyroidpharmacist.com/about-hashimotos/>

Anne's Tips

I wasn't able to get my apple slices crispy (too thick?) but they were still very good mushy! Fiordifrutta sold at Whole Foods has a fabulous GF sugar free organic fruit spread.

Izabella Wentz has a fabulous Autoimmune Paleo Diet 7 week recipe plan ... check it out from her website above!! You can eat healthy and it DOES taste good!!