



Warm Glazed Apples on Toast

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 2 slices of hearty, rustic bread or gluten-free bread
- 2 teaspoons O&V [Unflavored Oil](#) or [Blood Orange Oil](#) *
- ½ teaspoon unsalted butter (optional)
- 2 tablespoons Runamok **Bourbon Barrel Aged** or **Cinnamon Vanilla Maple Syrup** *
- ¼ teaspoon ground cinnamon (or cardamom)
- ¼ teaspoon salt
- ¼ teaspoon fresh ground pepper
- 1 large honey crisp or gala apple
- 1-2 tablespoons dried cherries or cranberries
- 2 tablespoons Almond Butter (optional)
- Additional drizzle of Maple Syrup
- Sprinkle of O&V **Fleur de Sel** *

Preparation

Toast the bread in the oven or toaster. Spread a thick layer of Almond Butter on the cooled toasts.

Slice the apple into ½ inch thick wedges. Warm the oil in a skillet on medium-high and add the apple wedges. Sprinkle with the cinnamon, salt and pepper. Sauté for 4 -5 minutes until golden brown on one side. Flip the pieces and add the cherries. Cook another 3-4 minutes till browned and tender. (Do not stir too much, let them develop color. Moving them around will make them fall apart).

Keeping the skillet on medium-high, drizzle the Maple syrup over, stir gently and let apples darken (about 1 -2 minutes).

Spoon the apples and cherries over the toast letting the sauce drizzle over and moisten the toast. Top the apples and cherries with a small pat of butter (if using), a sprinkle of Fleur de Sel and an additional drizzle of maple syrup if needed. Serve immediately (these will need a knife and fork!!)

Serves 4

Active time: 14 minutes Total Time: 14 minutes

Chef Tip

For a more decadent breakfast, substitute the toasted bread with a slice of home-made French toast. Email me for a simple recipe for them.

Notes

* The [Blood Orange oil](#) adds another layer of wonderfully citrusy flavor but you can just as easily use a nice high quality [Unflavored EVOO](#). The quality and flavor of the maple syrup is key to this dish - I personally love the Runamok **Cinnamon Vanilla** or **Bourbon Barrel Aged**, but at this time of year, try their **Holiday Spice**.

Runamok maple syrups and other highlighted products are available at [Oil & Vinegar stores](#).

Categories: Breakfast & Brunch, Gluten Free, Dairy Free, Healthy, Vegan, Vegetarian, Runamok, Cinnamon Vanilla Syrup, Bourbon Barrel Aged Syrup, Holiday Spice Maple Syrup, Unflavored EVOO, Blood Orange Oil, Maple Glazed Apples, Thanksgiving Breakfast, Christmas Breakfast