

# Baked Fruit for Breakfast (with Vanilla Nut Cream Sauce)

*This is such a simple recipe. Great for young cooks!  
Be creative with fruit combinations!*

## Ingredients:

4 cups sliced apples  
2 cups frozen blueberries or cherries  
1 tablespoon honey  
1/2 teaspoons cinnamon  
hemp seed for sprinkling on top



## Directions:

preheat oven to 350°

1. In a glass pie plate arrange fruit, toss with cinnamon. Drizzle with honey.
2. Bake for 35-40 minutes.
3. Serve, passing the hemp seed and Nut Cream Sauce at the table.

## Nut Cream Sauce

*Makes about 3 cups. Cut the recipe in half for a smaller batch.*

1/4 teaspoon ground nutmeg  
2 teaspoons vanilla  
1 cup cashews, soaked overnight  
1 cup dates (soaked first if dry)  
1 1/2 cups water or almond milk

To make the sauce: Combine all ingredients in a high-powered blender and blend until smooth and creamy. May take a minute or so, scrape down sides if needed. The sauce will keep, refrigerated, for up to one week.