



Makes 4 quesadillas
Preparation Time: 20 minutes
Cook Time: 30 minutes

INGREDIENTS:

3 medium apples, cored and chopped (3 cups)

¼ cup apple cider

¼ cup pure maple syrup

1 teaspoon ground cinnamon

2 teaspoons arrowroot powder

¾ cup oil-free hummus

8 6-inch corn tortillas

2 tablespoons chopped unsalted peanuts

¾ cup [Apple Salsa](#) (optional)

Cinnamon Apple Quesadillas

Halfway between a savory snack and a sweet treat, these quesadillas are a delicious way to get in your apple-a-day. Stew together apple cider, warming spices, and chunks of fresh [apples](#) until everything gets tantalizingly tender and creates a delicious pie-like filling. Slather creamy [hummus](#) on corn tortillas, top with the apple mixture, and sprinkle some chopped peanuts for a salty, nutty crunch. While it might sound like an odd combo of flavors, everything melds together as the quesadillas get warm and crispy in the skillet so you end up with a creative take on classic apple pie that's free from oil, gluten, and refined sugar.

For more vegan quesadilla recipes, check out these tasty ideas:

- [Chipotle Hummus Quesadillas](#)
- [Caramelized Onion & Pepper Vegan Quesadillas](#)
- [Black Bean and Sweet Potato Quesadillas](#)
- [Yamadillas](#)

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- 1 In a medium saucepan stir together apples, apple cider, maple syrup, and cinnamon. Bring to boiling over medium; reduce heat. Simmer, uncovered, 10 minutes or until apples are almost tender. In a small bowl stir together arrowroot powder and 1 tablespoon water. Add to apples; cook and stir 1 minute or until thickened. Remove from heat.
- 2 Spread hummus on half of the tortillas. Using a slotted spoon, top hummus with apple filling. Sprinkle with peanuts. Top with remaining tortillas.
- 3 Heat a large nonstick skillet or griddle over medium. Add one quesadilla; cook 10 minutes or until browned and crisp, turning once. Repeat with remaining quesadillas.
- 4 Cut quesadillas into wedges. If desired, top with [Apple Salsa](#).