



Makes 2 bowls
Cook Time: 15 minutes

INGREDIENTS:

4 to 5 medium apples, any variety

5 to 6 dates, pitted

Juice of 1 lemon (about 3 tablespoons)

2 tablespoons walnuts (about 6 walnut halves)

¼ teaspoon ground cinnamon

Apple-Lemon Breakfast Bowl

Fresh and deliciously filling, this apple-lemon breakfast bowl is beautifully flavored with dates, cinnamon, and walnuts.

From [A Plant-Based Life: Your Complete Guide to Great Food, Radiant Health, Boundless Energy, and a Better Body](#)

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- 1 Core the apples and cut into large pieces.
- 2 Place dates, half of the lemon juice, walnuts, cinnamon, and three quarters of the apple in the bowl of a food processor. Puree until finely ground, scraping down the sides of the bowl as needed.
- 3 Add the remainder of the apples and lemon juice and pulse until the apples are shredded and the date mixture is evenly distributed.