



Local Honey and Apple Slices



A NATURAL GEL TO OLYMPIC SUCCESS!

Honey and apples are a great quick snack for racing. Both honey and apples are loaded with glucose and fructose that are a quick source of energy.

This natural 'gel' was one of the winning fuels for the most decorated winter sport athlete of all time – Apolo Ohno!

You don't need to buy sports gels when you prepare this natural energy snack!

INGREDIENTS

- 1 or 2 medium sized apples
- 1 Tbsp local honey
- 2 tsp ground cinnamon

DIRECTIONS

1. Wash apples, cut into slices and remove core, leaving the skin on.
2. Add apples into a medium-sized tupperware and drizzle with local honey and ground cinnamon.

This recipe can be made: Vegan, Gluten-free, Dairy-free, Nut-free