

Paleo Dessert: Baked Cinnamon Apples with Butter

The Paleo Diet, sometimes called the Caveman Diet, derives its name from the Paleolithic Era. The idea is to imitate the eating habits of the hunter-gatherers of hundreds of years ago substituting foods found in nature for the processed fast foods of today. It's an easy to follow diet, focusing on eating seafood, lean meat, vegetables, fruits and nuts. This diet allows you the freedom to enjoy what you are eating, including a delicious Paleo dessert.

When you adopt the Paleo diet you will naturally eat fewer carbohydrates by removing unnecessary sugars and starches. Quickly you will become healthier and leaner. Your risk of obesity, cancer, arthritis, and more will be reduced. Many people find their complexions clear and they become acne-free.

For decades people have been eating the wrong foods and suffering the consequences. Those wrong foods have negatively impacted mankind both physically and psychologically. The Paleo diet teaches people to trade the processed foods we have become accustomed to with good wholesome foods that are found in nature.

There are a large variety of foods that are Paleo friendly, eggs, meat, roots, fish, nuts, fruits and vegetables. But, even with all these choices your taste buds will still take a little time to become accustomed to your new eating regimen.

You can get a fix for your sweet tooth while still staying within the margins of your Paleo Diet. Baked Cinnamon Apples with Butter are a fast, simple, and delicious Paleo dessert. The natural sweetness of the apples is ample for this dessert. When you cook the apples that natural sweetness intensifies. Add the butter to give a richness that is second to none. Combine a bit of cinnamon and nutmeg to the dish and the flavors and aroma explode goodness.

Ingredients:

4 tart apples

4 tablespoons butter

4 teaspoons cinnamon

Dash of nutmeg

Preparation:

Core apples making sure to leave some of the bottom on the apple

Put 1 tablespoon of butter in the hole of each apple

Sprinkle a little cinnamon and nutmeg on each apple

Bake at 350 F for 15 to 18 minutes. The apples should be soft but not mushy

Cavemen never had it so good.

The Paleo diet is a journey to a better healthier lifestyle. At first it may seem inhibiting and serious. Truth be told it is neither. The Paleo diet is liberating and a whole lot of fun. One might argue that the caveman didn't have a tricked out kitchen; but he did have fire. And we aren't expected to be cavemen, just follow his eating plan. Even to a Paleo dessert like Baked Cinnamon Apples and Butter