10-Minute Apple Sundae

This is a great way to start the day or end a meal!

Prep and Cook Time: 10 minutes
2 apples  
2 TBS almond butter  
¼ cup maple syrup  
1½ tsp almond extract  
2 TBS sliced almonds  
2 TBS grated coconut

Coarsely chop almonds and set aside for topping.  
In a small mixing bowl, blend the almond butter, maple syrup, and almond extract until smooth. It should be the consistency of caramel sauce.  
Cut the apples into quarters and core. Then cut the quarters into 3 pieces lengthwise and ¼-inch pieces crosswise. Place in two serving bowls.  
Drizzle the sauce over the two bowls of apples and top with almonds and coconut.

Source:  here
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