

Apple Honey Roses

Apples and honey are traditionally eaten on Rosh Hashanah, the Jewish New Year, to symbolize hope for a sweet year ahead. I love this tradition and it is one my family always incorporates into our New Year's celebration. In years past, I would also prepare elaborate desserts incorporating apples (or pears) and honey. These days, I spend less time preparing dessert. After researching the [health effects of eating too much added sugar](#) (it isn't just added calories), my family has a [daily sugar allotment](#), and we try our best to stay within it. We still eat dessert, but it is typically a piece of fresh fruit or some berries. Delicious, yes. Celebratory? Not so much.

A simple, healthy dessert for Rosh Hashanah

This year, I wanted to make a simple yet elegant dessert for my family to enjoy on Rosh Hashanah. Nothing is simpler than a baked apple for dessert. Adding a touch of honey and sprinkle of cinnamon rounds out the flavors and make the apple truly delicious. And by creating delicate slices in the apple prior to baking, it can easily be arranged into a flower.

These apple honey roses are a simple yet beautiful fall dessert. They are delicious served on their own or with a small scoop of vanilla ice cream. The apple honey roses can easily be made ahead and stored in the refrigerator for several days.

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*Note: Apples are a fruit that I choose to purchase organic. Read more on [pesticides and produce](#).



2. Wash and dry apples



3. Peel apples



3. Core apples



4. & 5. Cut apples in half and uniformly slice into thin strips



6. Transfer sliced apples to baking sheet lined with parchment paper or silicon baking liner



7. Microwave honey in a small dish for 20 seconds. Add cinnamon and mix until combined



8. Using a pastry brush (or back of spoon), coat sliced apples in honey cinnamon mixture



9. Bake in oven for 20 minutes at 400°F and then cool completely on baking sheet



10. Once completely cool, use your fingers and gently squeeze sliced apples to create a long strip. Ensure that apple slices are evenly distributed



11. Gently roll apple slice strip into a tight spiral



12. & 13. Once all apple roses have been formed, transfer to a serving dish, garnish with mint leaves



14. If you prefer the look of a more open rose, you can gently press the apple petals starting from the middle and working out

Nutrition information (per serving):

- 70 calories
- 6 g added sugar
- 2 g fiber
- 0 g protein

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