

Apple Monkey Bread

Prep: 20 min Cook: 45 min Total: 1 hr 30 min Servings: 8

Calories: 251 Fat: 11g Protein: 2g Carbs: 35g Fiber: 0g

Ingredients

- 2 cans (17.5 oz) refrigerated Cinnamon Rolls
- 1 large tart apple, peeled, chopped
- 1/2 cup BBF Coconut Palm Sugar
- 1 1/2 tsp ground cinnamon
- 1/4 cup BBF Virgin Coconut Oil, melted

Directions

1. Prep Oven & PanPreheat oven to 350 degreesF (175 degreesC). Grease a 12-cup fluted tube (Bundt) pan with coconut oil or non-stick spray.
2. Cut DoughSet icing aside. Separate each can of cinnamon rolls into 5 rolls, then cut each roll into quarters.
3. Mix Apples & SugarIn one bowl, toss the diced apple with 1/4 cup of the cinnamon sugar mixture (mix the sugar and cinnamon in a separate small bowl).
4. Layer in PanSprinkle half the apples in the prepared pan.Roll half the dough pieces in the cinnamon sugar and layer over the apples.Add remaining apples, then top with remaining sugared dough pieces.Pour melted coconut oil evenly over the top.
5. Bake for 40-45 minutes, or until golden brown and cooked through.
6. Cool & FlipCool in the pan for 10 minutes. Run a knife around the edges to loosen, then invert onto a heatproof serving plate. Let cool another 10 minutes.
7. Ice & ServeDrizzle with reserved icing, allowing it to cascade down the sides. Serve warm by pulling apart the pieces.
8. Enjoy your Apple Monkey Bread!