

Recipe: Autumn Apple Crisp

This crisp is simple and easy, and perfect for fall days! Bring it to holiday parties and your friends and family will never know it is dairy and gluten free, healthy and relatively fat loss friendly. This recipe serves four, and can easily be doubled or halved.

Ingredients

- 1 c oats
- ½ c almond flour
- ¼ c truvia
- 1 TB cinnamon
- 2 TB coconut nectar
- ½ tsp butter extract
- ½ tsp vanilla
- ¼ c coconut oil
- generous pinch salt
- 2 large or 3 small honey crisp apples, cut into ½ inch cubes (can sub any other tasty apple)

Directions

Preheat oven to 350. Grab a 9 x 9 pyrex baking dish, and spray it with zero cal coconut spray oil. Cut up apples and place them in bottom of dish. In a medium bowl, combine all other ingredients. You may need to use your hands to fully incorporate coconut oil. Sprinkle topping over apples and bake in oven for 50-55 minutes, until apples are soft and top is golden.

Nutrition per serving

Calories: 324

Fat: 22g

Carbohydrate: 32g (9.5g fiber)

Protein: 6.5g