**Zapples (apple crisp)**

**Ingredients:**

**For the Zapple:** 5 medium zucchini, peeled, seeded, and sliced

2 ½ cups of water

Juice of one large lemon or two small lemons

½ teaspoons Gluccie

¼ teaspoon ground cinnamon

1 ½ vanilla extract

2 tablespoons Gentle Sweet

**For the Crumble Topping:** 1 cup of trim healthy mama’s baking blend or ½ golden flax meal and ½ cup coconut flour

3 tablespoons butter or coconut oil

2 pinches mineral salt

¾ teaspoons ground cinnamon

2 ½ tablespoons Gentle Sweet

Generous ½ cup unsweetened shredded coconut

¼ cup chopped walnuts or pecans

**Directions:**

Preheat oven to 375°F. Spray an 8’’ square pan with coconut oil. Put the zucchini, water, and lemon juice in a large saucepan and bring to a quick boil over high heat. Reduce the heat to low and simmer, bubbling gently, for 12 to 15 minutes. Start whisking briskly, and slowing sprinkle Gluccie I lightly so it doesn’t clump. Whisk for another minute after all Gluccie is in, then cinnamon, vanilla, and sweetener; stir for another minute. Pour into the prepared pan and set aside. Put Baking Blend, butter, salt, cinnamon, and Gentle Sweet into a food processor and process for one minute. Add the coconut and nuts, and pulse until they are chopped a bit but not completely pulverized. Sprinkle the crumble over the Zapple and bake for 25 to 30 minutes, or until golden brown. Allow dish to cool for 10 minutes before enjoying.

**Recipe Source:**

Trim Healthy Mama Cookbook