



Gluten-Free Autumn Apple Crisp

Ingredients

For the Apple Filling

- 1 lbs apples, cored and diced, such as honey crisp or granny smith
- 1 tablespoons pure maple syrup
- 1 Tbsp water or apple juice
- 1 Tbsp melted coconut oil
- 1/2 tsp ground cinnamon
- 1/2 tsp lemon juice

For the Crisp Topping

- 1/2 cup gluten-free quick oats
- 1/2 cup almond flour
- 1/4 cup oat flour
- 2 Tbsp melted coconut oil
- 2 Tbsp maple syrup
- 1 Tbsp monk fruit sweetener
- 1 tsp vanilla extract
- 1/4 tsp fine sea salt
- 1/4 cup chopped walnuts (optional)

Serves 4-6. Store in an airtight container in the refrigerator for up to 5 days.

Directions

1. Preheat the oven to 350°F. Lightly grease an 8x8" baking dish.
2. To baking dish, add diced apples, coconut oil, maple syrup, ground cinnamon and lemon juice. Add two tablespoons of water. Stir until coated. Cover the dish with foil & transfer to the oven to bake for 25-30 minutes, or until apples are firm but tender.
3. While apples bake, combining all ingredients for topping together in a large bowl. Stir until evenly combined.
4. Remove the baking dish from the oven. Distribute the crisp topping over the top. Return to oven, uncovered, for an additional 25-30 minutes, until golden brown.
5. Allow to cool for 10-15 minutes before serving.
6. Serve with coconut whipped cream (optional), and enjoy!