



Apple Crisp

8 servings

1 hour

Ingredients

2 Apple (cored and sliced)
1/3 cup Maple Syrup (divided)
1 tbsp Coconut Flour (or 1 tbsp)
1/4 cup Unsweetened Applesauce
1 cup Oat Flour
3/4 cup Oats
1 tsp Baking Powder
1/2 tsp Sea Salt
1/3 cup Coconut Oil
1 cup Coconut Ice Cream (optional)

Nutrition

Amount per serving	
Calories	302
Fat	14g
Saturated	11g
Trans	0g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	36g
Fiber	4g
Sugar	18g
Protein	4g

Directions

- 1 Preheat oven to 350°F (177°C). Place coconut oil in freezer to chill.
- 2 Add apples, 1/3 of the maple syrup, coconut flour and applesauce to a medium bowl and toss until coated. Set aside while you make the crust.
- 3 Add the oat flour, oats, the remaining 2/3 of the maple syrup, baking powder and sea salt to a different bowl and stir until combined.
- 4 Remove coconut oil from the freezer and add to mixture. Use your fingers to work it in until coarse crumbs form and the mixture holds together when pressed.
- 5 Remove a 1/3 of the crumbs for the topping and pour the remaining crumbs into the bottom of a tart pan or pie dish. Press the dough evenly into the pan.
- 6 Pour the apples over the crust. Sprinkle the remaining crumble evenly over the apples.
- 7 Bake for 40 to 45 min or until the crust is lightly brown. Check at 20 to 30 minutes if the tart is getting too brown. If so, tent with foil to prevent burning.
- 8 Scoop into bowls and serve with coconut ice cream.

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Homemade Oat Flour: Pulse oats in a food processor until oats resemble fine crumbs. 1.5 cups of oats will yield approximately 1 cup of oat flour.