

EASY APPLE CRISP
Whole Foods Nutrition with Cindy Olejar
www.wholefoodsnutrition.org

Prep Time 30 min, Cook Time 60 min, Total time 90 min
Serves 8

Ingredients

8 medium to large apples – Honeycrisp or Granny apples work well
2 cups ground organic almond flour
½ tsp sea salt
½ tsp nutmeg
1 tsp cinnamon
¼ cup beet sugar or coconut sugar
½ cup organic unrefined coconut oil, melted
1 Tablespoon vanilla extract, I use an alcohol free vanilla extract

Directions

1. Core, peel and cut the apples into 1 inch sized pieces, or to a size you desire and place them evenly into a 9 by 11 inch (3 quart) glass baking dish.
2. Preheat the oven to 350 degrees F.
3. In a large bowl combine the almond flour, beet sugar, sea salt, nutmeg, and cinnamon and mix well.
4. In a smaller bowl combine the melted coconut oil and vanilla extract.
5. Add the wet ingredients into the dry ingredients and mix until well combined to a crumbly texture.
6. Sprinkle the topping evenly over the apples.
7. Bake for 45 to 60 minutes on the lowest rack until apples are soft and topping is brown.
8. Serve warm and enjoy!