

LOW-CARB APPLE CRISP

This recipe is best left for maintenance and/or special occasions.



INGREDIENTS

APPLES:

- 2 Tbsp Kerry Gold butter or coconut oil (vegan)
- 5 large Granny Smith apples, sliced or cut into 1/2-1 inch cubes (peeled or unpeeled)
- 3/4 tsp. cinnamon
- 1-1/2 tsp. lemon juice
- 2-3 Tbsp Swerve granular, to taste

TOPPING:

- 1/3 cup finely-sifted almond flour
- 2 Tbsp Kerry Gold butter or coconut oil (vegan)
- 1/3 cup pecans, chopped *
- 1/3 cup walnuts, chopped*
- 1/2 cup sliced almonds *
- 1/4 cup Swerve granular
- 1/2 tsp. cinnamon
- 1/4 tsp. Pink Himalayan salt

*Can use 1 or 2 types of nuts & not all 3, but use the same total of nuts.

DIRECTIONS

Preheat oven to 350 °F.

Melt butter or oil in a large skillet over medium heat. Add apples, cinnamon, lemon juice and Swerve, mixing well.

Sauté apples for about 5 minutes. Should be just slightly cooked but not soft.

In a mixing bowl, place all the topping ingredients. Using your fingers, rub the oil/butter with the other ingredients until it looks like wet sand.

Put the apples into a greased 8 or 9-inch square baking pan or pie plate. Use your fingers to sprinkle the topping over the apples.

Bake for 20-30 minutes or until golden brown. Let rest 10 minutes before serving.