

# WARM APPLE CRUMBLE

By Dr. Cindy Tanzar

This recipe is best left for maintenance and/or special occasions.  
Makes 4-5 servings.



## INGREDIENTS

### For the Apples:

- 4 large or 5 medium Granny Smith apples (peeled or not), seeded and diced into 1/2" cubes.
- 1 stick Kerry Gold butter
- 1/2 cup Swerve Brown or Lakanto Golden Monkfruit
- 1 tsp. pure vanilla
- 2 tsp. cinnamon

### For the Crumb Topping:

1 cup blanched almond flour  
1/3 cup pecans, chopped  
1/2 tsp. ground cinnamon  
1/4 tsp. ground nutmeg (or more cinnamon)  
1/4 cup (4 Tbsp) Kerry Gold butter, softened  
1/4 cup Swerve Brown or Lakanto Golden Monkfruit

## **INSTRUCTIONS**

Preheat oven to 375°F. Grease an 8x8 ceramic or glass baking dish, or a 9-inch glass or ceramic pie plate.

In a large skillet over medium heat, melt the butter. Let it cook for a few minutes until browned, being careful not to burn it.

Add the apples and sauté 5-7 minutes. Add the vanilla, cinnamon and Swerve Brown, mixing well. Place the mixture into the baking dish.

To make the crumb topping, add the almond flour, pecans, cinnamon and nutmeg into a bowl, mixing well.

Mix in the soft butter and Brown Swerve, using your hands or a fork to combine. Sprinkle the crumble over the apples.

Bake for 25-30 minutes or until crumble is browned and crisp.