

Apple Crisp

Number of Servings: 8

Prep Time: 30 minutes minutes

Cook Time: 40 minutes minutes

Ingredients

For the Filling:

1 1/2- 8 cups apples (peeled, cored and cut into even slices)

1 to 1 1/2 tablespoons arrowroot powder (all purpose flour works too)

3 tablespoons coconut sugar (or cane sugar)

1 tablespoon fresh lemon juice

Lemon zest, to taste (such a delicious addition)

For the Topping:

1 cup rolled oats

1 cup thinly sliced almonds

1/3 cup almond meal or almond flour

1/4 cup unsweetened shredded coconut (flakes or smiles work great too)

1 teaspoon cinnamon

1/4 teaspoon fine grain sea salt

1/4 cup pure maple syrup

1/4 cup virgin coconut oil, melted or almond butter

Instructions

1. Preheat oven to 375F. Lightly grease an 8- to 10 cup casserole dish.
2. For the filling: Place the chopped/sliced fruit in a medium bowl and sprinkle the arrowroot powder on top. Toss until the fruit is coated.
3. Stir in the sugar, lemon juice, and zest. Pour the fruit mixture into the prepared dish and spread out evenly.
4. For the topping: In a medium bowl, stir together the oats, almonds, almond meal/flour, coconut, cinnamon, salt. Pour on the maple syrup and melted coconut oil and stir until combined and no patches of flour remain.
5. Sprinkle the topping all over the fruit mixture in an even layer.
6. Cover the dish with foil and poke a few holes in the foil. Bake for 20 minutes. Remove the foil and bake for another 15-20 minutes until the topping is golden and the filling is bubbling up around the sides.
7. Let the crisp cool slightly for about 5 minutes or so. Serve with a scoop of ice cream, or simply on its own. Store in the fridge, covered, for 3 to 5 days.