

## Grain Free Apple Crisp (serves 12)

5 medium apples

1 ½ cups almond meal

1 tbsp cinnamon

3 tbsp honey

4 tbsp melted coconut oil

dash salt

1 lemon

### **Instructions:**

Preheat oven to 300 degrees.

Wash, core and thinly slice the apples. (I used an apple corer)

Closely layer all the apples in an 8x8 baking dish.

Squeeze the juice of one medium sized lemon on top of all the layered apples.

In a separate bowl mix together the almond meal, cinnamon, melted honey, melted coconut oil and salt.

Spread the crumble topping on top of the layered apples.

Bake for 50-55 minutes.

1/12<sup>th</sup>: 181 calories, 12g fat, 24mg sodium, 16g carbohydrates, 3g fiber, 4g protein

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