

Apple Crisp

Filling.

1/4 c. maple syrup
1 T. cinnamon
1/4 tsp. sea salt
1/2 lemon
4 apples

Topping.

1 c. almond meal
1/2 c. walnuts (or pecans)
2 T. maple syrup
2 tsp. cinnamon
2 T. coconut oil

1. Preheat the oven to 350 degrees.
2. Peel, core and cut the apples.
3. Add the filling ingredients: maple syrup, cinnamon, sea salt, lemon.
4. When finished, measure out the almond meal, chopped nuts, and cinnamon and mix. Then add the coconut oil and maple syrup and mix thoroughly. Make sure the coconut oil gets mixed well with the dry ingredients.
5. When the topping is complete, crumble it on top of the filling in an pyrex pan (I used a circular one, but a square would work as well).
6. Bake for 45-60 minutes. You'll have to keep an eye on it. I'm really bad about exact baking times. :P Just make sure the apples are soft and bubbling a bit. If it seems like your apples aren't cooked but your topping is browned, cover it with aluminum foil for the remaining baking time.
7. Serve with whipped cream, ice cream, or coconut cream to dress it up more, or eat it in it's natural state! It's obvious we couldn't wait long. I couldn't even snap a picture of the finished crisp before some was served up.

