

# SIMPLE APPLE CRISP

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*Recipe from [pureandsimple.typepad.com](http://pureandsimple.typepad.com)*

## **Filling Ingredients**

- 6–7 apples, peeled, cored, and sliced
- 45–60 ml (3–4 Tbsp.) fresh lemon juice
- 30 ml (2 Tbsp.) raw honey, melted
- 15 ml (1 Tbsp.) real maple syrup
- 10 ml (2 tsp.) cinnamon
- Pinch of nutmeg or apple pie spice

## **Directions**

- In a large bowl, mix together apples, lemon juice, honey, maple syrup, and spices.
- Pour into a pie dish and bake at 180°C (350°F) for about 45 minutes.
- Remove from the oven and cover with topping (see below).

## **Topping Ingredients**

- 250 ml (1 cup) almond flour, whole-wheat pastry flour, or gluten-free all-purpose flour
- 30 ml (2 Tbsp.) finely ground pecans (opt out of this if someone has a nut allergy)
- 60 ml (4 Tbsp.) raw honey or real maple syrup
- 30 ml (2 Tbsp.) coconut oil or butter, softened

## **Directions**

- In a bowl, combine flour, pecans, honey, and coconut oil or butter until uniform.
- Take small amounts at a time and sprinkle onto the apples until completely covered.
- Bake at 180°C (350°F) for 20 minutes.

