



## From the Kitchen of Executive Chef Jessica VanRoo

### Gluten-Free Apple Crisp Bite

#### Ingredients

##### Apple Filling:

- 3 ½ pounds apples, peeled, cored, and diced ½ inch thick
- 1 tablespoon fresh lemon juice
- 1 teaspoon arrowroot powder
- 3 tablespoons brown monk fruit or coconut sugar
- 2 tablespoons pure maple syrup
- 1 teaspoon ground cinnamon
- Pinch grated fresh nutmeg
- Pinch ground cardamom
- ⅛ teaspoon salt

##### Oat Topping:

- ½ cup almond flour, or gluten free flour
- 1 cup old-fashioned rolled oats
- ⅓ cup packed monk fruit or coconut sugar
- 2 tablespoons turbinado sugar
- 1 teaspoon ground cinnamon
- ¼ teaspoon grated fresh nutmeg
- ¼ teaspoon ground cardamom
- ¼ teaspoon salt
- 6 tablespoons coconut oil or unsalted butter, chilled
- ¼ cup pecans
- ¼ cup chopped walnuts
- 2 teaspoons pure vanilla extract



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#### Instructions

1. Heat your oven to 350 degrees. Line a baking sheet with parchment paper and coat a pie dish or 8-inch baking dish with nonstick cooking spray.
2. For apples: Toss the apples with lemon and arrowroot powder. Add in the remaining ingredients and mix well. Pour the apples into the prepared pie dish or baking dish, cover with foil and bake for 35- 40 minutes or until apples are tender but not mushy.
3. For topping: Combine all the topping ingredients in a food processor. Pulse the mixture until the mixture is crumbly with pieces no larger than a pea.
4. Bake the topping for 20- 25 minutes or until brown and crisp, stir the mixture after 15 minutes and return to the oven to finish baking.
5. To serve, put apples in the bottom of a bowl, top with oat topping and serve.

\*Recipe makes 5 cups apple filling, 3 ½ cups of crisp topping, and serves 12. Topping can be made up to five days ahead and stored at room temperature. Filling can be made up to three days ahead and refrigerated. Reheat apples in a 350-degree oven until heated through.

<b>Nutrition Facts</b>		<b>Amount</b>	<b>% Daily Value*</b>	<b>Amount</b>	<b>% Daily Value*</b>			
<b>Amount per</b>	173 g	<b>Total Fat</b>	10.6g	16%	<b>Total Carbohydrates</b>	39g	13%	
1 serving (6.1 oz)		Saturated	6.3g	32%	Dietary Fiber	5g	21%	
<b>Calories</b>	250	Trans Fat	0g		Sugars	24g		
From fat	90	<b>Cholesterol</b>	0mg	0%	<b>Protein</b>	3g	6%	
<i>HappyForks.com</i>		<b>Sodium</b>	77mg	3%	<b>Vitamin A</b>	1%	<b>Vitamin C</b>	11%
		<b>Calcium</b>	3%	<b>Iron</b>	6%			

\* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.