

Practically No Sugar Apple Crisp

Time: Under 45 minutes

Servings: Four

Level: Easy

Ingredients:

- o 2 Granny Smith Apples
- o 4 Tablespoons Butter, softened
- o 8 Pitted Dates, soaked in water for 10 minutes
- o 1 Tablespoon Brown Sugar
- o 2 Tablespoons Almond Flour
- o ½ cup Gluten-Free Oats, divided in half
- o ¼ teaspoon Cinnamon

Directions:

- 1) Preheat oven to 350°.
- 2) Soak Dates for 10 minutes.
- 3) Peel and cut Green Apples into 6 slices. Then turn the slices sideways and cut them into about ¼ inch pieces so you end up with small “chips.” Place them in a bowl.
- 4) Drain the dates and put them in a mini chopper with the Brown Sugar until they are finely chopped.
- 5) Add Butter and Cinnamon to the mini chopper and blend until mixed well.
- 6) Take one Tablespoon of the Date, Sugar, Butter mixture and drop it into the bowl of “apple chips” and mix it around.
- 7) Add Almond Flour and ¼ cup of the Oats to the mini chopper and chop until well incorporated.
- 8) Remove the mixture from the mini chopper and mix in ¼ cup of the whole oats.
- 9) Place the apple chips into ramekins. I used 1 inch high ones, 4-inch diameter.
- 10) Divide the topping into 4 parts and spread over each of the ramekins.
- 11) Baked in the center of the oven for 25 minutes.
- 12) Let cool for a few minutes before diving in.