



BAKED APPLE CRUNCH

By Dr. Cindy Tanzar

(Standard, Lacto-Vegetarian & Maintenance Plans)

Nothing is more reminiscent of Fall than the taste of apples and cinnamon. This recipe provides a nice nutty crunch along with a delicious, rich syrup. It's a great replacement for apple crisp recipes that are full of high-glycemic sugars and flour.

Just because you are learning to eat "clean," doesn't mean you have to give up everything... you just need to transform your ingredients and your thinking, and you won't miss out on all your wonderful Fall favorites!

This recipe contains two servings and covers your fruit and fat for one serving.



INGREDIENTS

- 2 medium/large Granny Smith apples (peeled or unpeeled), cored and sliced into 1/2-inch slices
- 16 walnuts or pecans, chopped
- 4 Tbsp Kerry Gold butter, melted
- 1/2 tsp ground cinnamon
- 1 tsp pure vanilla (or maple) extract
- 1-2 Tbsp granulated or brown Swerve, to taste (optional)



INSTRUCTIONS

Preheat oven to 375°F. Layer apples in a 9-in baking dish or pie plate.

In a medium bowl, mix together the walnuts, butter, cinnamon, vanilla and Swerve.

Sprinkle the mixture over the apples, spreading evenly. Bake until the topping is golden and apples are tender – about 25-30 minutes. You can give them a stir after 20 minutes to coat the apples well.