



## LOW-CARB APPLE CRISP

By Dr. Cindy Tanzar  
(Special Occasions)

This warm, spiced apple crisp is a comforting dessert made with wholesome ingredients and no refined sugar. The nutty crumble topping pairs perfectly with tender, tart Granny Smith apples for a guilt-free indulgence best reserved for special occasions or maintenance days.

Makes 8 servings.



### INGREDIENTS

#### APPLES:

2 Tbsp Kerry Gold butter or coconut oil (vegan)

5 large Granny Smith apples, sliced or cut into 1/2-1 inch cubes (peeled or unpeeled)

3/4 tsp. cinnamon

1-1/2 tsp. lemon juice

2-3 Tbsp Swerve granular, to taste

**TOPPING:**

1/3 cup finely-sifted almond flour

2 Tbsp Kerry Gold butter or coconut oil (vegan)

1/3 cup pecans, chopped \*

1/3 cup walnuts, chopped\*

1/2 cup sliced almonds \*

1/4 cup Swerve granular

1/2 tsp. cinnamon

1/4 tsp. Pink Himalayan salt

\*Can use 1 or 2 types of nuts & not all 3, but use the same total of nuts.

**DIRECTIONS**

Preheat oven to 350 °F.

Melt butter or oil in a large skillet over medium heat. Add apples, cinnamon, lemon juice and Swerve, mixing well.

Sauté apples for about 5 minutes. Should be just slightly cooked but not soft.

In a mixing bowl, place all the topping ingredients. Using your fingers, rub the oil/butter with the other ingredients until it looks like wet sand.

Put the apples into a greased 8 or 9-inch square baking pan or pie plate. Use your fingers to sprinkle the topping over the apples.

Bake for 20-30 minutes or until golden brown. Let rest 10 minutes before serving.