



WARM APPLE CRUMBLE

By Dr. Cindy Tanzar
(Special Occasions)

This cozy and comforting apple crumble is a perfect dessert for fall gatherings, holiday dinners, or any special occasion. Tender sautéed Granny Smith apples are caramelized with brown butter and warm cinnamon, then topped with a nutty, golden almond-pecan crumble. It's a satisfying, low-carb twist on a classic favorite—sweet, spiced, and buttery without any sugar or refined flour. Serve warm on its own or with a dollop of whipped cream.

Makes 4-5 servings.



INGREDIENTS

For the Apples:

4 large or 5 medium Granny Smith apples (peeled or not), seeded and diced into 1/2" cubes.

1 stick Kerry Gold butter

1/2 cup Swerve Brown or Lakanto Golden Monkfruit

1 tsp. pure vanilla

2 tsp. cinnamon



For the Crumb Topping:

1 cup blanched almond flour

1/3 cup pecans, chopped

1/2 tsp. ground cinnamon

1/4 tsp. ground nutmeg (or more cinnamon)

1/4 cup (4 Tbsp) Kerry Gold butter, softened

1/4 cup Swerve Brown or Lakanto Golden Monkfruit

INSTRUCTIONS

Preheat oven to 375°F. Grease an 8x8 ceramic or glass baking dish, or a 9-inch glass or ceramic pie plate.

In a large skillet over medium heat, melt the butter. Let it cook for a few minutes until browned, being careful not to burn it.

Add the apples and sauté 5-7 minutes. Add the vanilla, cinnamon and Swerve Brown, mixing well. Place the mixture into the baking dish.

To make the crumb topping, add the almond flour, pecans, cinnamon and nutmeg into a bowl, mixing well.

Mix in the soft butter and Brown Swerve, using your hands or a fork to combine. Sprinkle the crumble over the apples.

Bake for 25-30 minutes or until crumble is browned and crisp.