

Apple Crumble with Coconut Flour Topping

Serves 4

Prep Time: 10 minutes Cook Time: 25 minutes

Ingredients:

4 tablespoons coconut oil, melted, divided
4 medium-size apples, peeled, thinly sliced
1 teaspoon ground cinnamon, divided
Sea salt/pink Himalayan salt to taste
Pepper to taste (if tolerated)
1 cup coconut flour

Directions:

Preheat oven to 350 degrees F.

In a large skillet over medium-high heat, heat 1 tablespoon coconut oil, add apples and cook about 8 to 10 minutes, until soft but not mushy. Stir in half of cinnamon and sea salt and remove from heat.

In a small bowl, whisk together the remaining coconut oil, cinnamon and coconut flour. Spoon on top of the cooked apple mixture and place everything into a small baking dish.

Bake for 10 minutes until the crumble is crispy.

