

## Apple Crisp

Preheat oven 350 degrees F

Makes 12 servings

- 6 cups of thinly sliced apples
- 1 cup old-fashioned oatmeal, dry
- $\frac{1}{4}$  cup almond flour
- 1 tsp cinnamon
- $\frac{1}{2}$  cup xylitol or erythritol sweetener
- $\frac{1}{4}$  tsp maple flavoring or maple extract
- $\frac{1}{3}$  cup chopped pecans
- 6 TB butter

### **Directions:**

- Place apple slices in a 9" square pan
- In a bowl, combine oats, almond flour, cinnamon, sweetener, maple extract, and pecans and mix with spoon
- Cut in butter until mixture is crumbly
- Spoon mixture over apples
- Bake at 350 for 40-45 minutes or until apples can be easily pierced with a knife. Top should be golden brown, not burnt.