

Gluten-free Harvest Apple Crisp

Warm. Sweet. Rich. Creamy. Harvest Apple Crisp is gluten-free, dairy-free & nut-free with minimal sugar added. A delicious & healthy, mom-approved dessert! Feel free to add a scoop of dairy-free ice cream if you wish!

🕒 Prep: 20 mins Cook: 40 mins Total: 1 hour

👤 Servings: 8 servings

1x	2x	3x
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INGREDIENTS

- 6 cups peeled, sliced apples
- 1/2-1 Tbsp. brown sugar (or coconut sugar)
- ½ cup coconut milk (canned, full fat)
- 1 tsp. ground cinnamon

Topping Ingredients (if you like more 'crisp', double ingredients):

- ½ cup gluten-free all purpose flour
- ¼ cup brown sugar (or coconut sugar)
- 1 ½ tsp. ground cinnamon
- 3-4 Tbsp. coconut oil (or substitute butter)

INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. In a medium mixing bowl combine sugar, coconut milk and cinnamon. Stir until well combined.
3. Add the sliced apples and stir until all apples are well coated.
4. Pour apple mixture into 9×13 baking dish.
5. In a separate bowl add flour, sugar and cinnamon.
6. Start with 3 Tbsp of coconut oil and using two knives cut the coconut oil into the flour/sugar mixture until a crumble forms.
7. Add additional coconut oil as needed.
8. Sprinkle it over the apple mixture and bake for 35-40 minutes or until golden brown. Let it cool slightly and enjoy right away!
9. Store leftovers in an airtight container in the refrigerator for up to 2-3 days.

NOTES

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NUTRITION INFORMATION

Serving Size: 1/8 of recipe Calories: 175 Fat: 8 g Sodium: 10 mg Carbohydrate: 28 g
(Fiber: 4 g Sugar: 17 g) Protein: 1 g

DIETARY

Dairy-Free Egg-Free Gluten-free Vegan Vegetarian

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