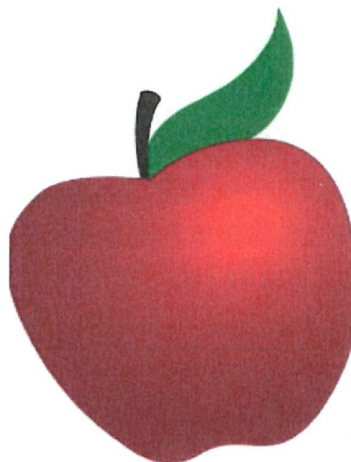


# No Sugar/ No Flour Apple Crisp

## Ingredients:

3 cups diced apples  
1 tablespoon fresh lemon juice  
½ cup water  
2 tablespoons honey  
1 teaspoon arrowroot powder  
½ cup almond meal or almond flour  
½ cup coconut flour  
¼ teaspoon salt  
¼ teaspoon baking soda  
1 tablespoon cinnamon  
1 tablespoon erythritol  
4 tablespoons melted butter or melted coconut oil



**Directions:** Preheat oven to 350 degrees. Mix together the lemon juice, water, and honey. Warm if the honey is thick to create a liquid consistency. Add arrowroot powder and stir thoroughly. Place diced apples in a 9" x 9" square baking dish. Pour liquid mixture over the apples and set dish aside. In a medium bowl, mix together almond flour, coconut flour, salt, baking soda and erythritol. Stir in melted butter or oil and mix thoroughly. Cover with foil and bake for 15 minutes. Remove foil and bake for an additional 5 – 10 minutes. Remove crisp when the topping is slightly browned and the apples are soft.

## Variations...

1. Add a handful of chopped walnuts to add crunch.
2. Add a handful of pinon nuts and a half cup of chopped mild roasted green chile to add some local flavor.
3. Add 1/8 - ¼ teaspoon of red chile powder to the almond/coconut flour mixture to add a kick of spice. Spice and sweet enhance each other.
4. Omit the honey and use ½ cup erythritol. Erythritol is a natural sweetener that comes from corn or beech trees. This natural sweetener does not cause blood sugar to go up so it is a good sweetener for people with high blood sugar or diabetes.