

10/12

Eileen's apple crisp

5 C sliced apple
1 tsp. cinnamon
1 TBSP. almond flour
¼ C water
1 C quick cooking oats
½ C almond flour
½ C ground walnuts
¼ C Splenda brown sugar
¼ tsp. baking soda and baking powder
¼ C butter melted

Peel and slice apples, and place in an 8x8" dish or slightly smaller. In a small bowl combine cinnamon and Tbsp. of almond flour. Sprinkle over apples. Sprinkle water over apples.

In a separate bowl combine oats, almond flour, ground walnuts, Splenda brown sugar, baking soda and baking powder. Add melted butter and mix, until mixture resembles large crumbs. Sprinkle over apples.

Nutrition facts: calories 176; carbohydrates 21g; saturated fat 5.75g; fiber 4g.