



Loreto
- KITCHEN



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APPLE CRISP

WHAT YOU'LL NEED

Apples

Maple syrup

Coconut sugar or
brown sugar

Lemon juice

Vanilla

Cinnamon

Tapioca or cornstarch

Salt

Oats

Almond flour

Oat flour

Chopped pecans
(optional)

Brown sugar

Butter

INGREDIENTS

FILLING:

5-6 cups apples,
thinly sliced

¼ cup maple syrup

1 T coconut sugar or
brown sugar

1 T Lemon juice

1 T vanilla

½ t cinnamon

1 t tapioca starch or
cornstarch

Pinch of salt

TOPPING:

1 cup oats

⅓ cup almond flour

⅓ cup oat flour

¾ cup chopped
pecans (optional)

½ cup brown sugar

1 t cinnamon

1 t salt

½ cup cold butter,
chopped into small
pieces

INSTRUCTIONS

1. Grease a 9x9 square pan and preheat oven to 350 degrees.
2. Mix all of the ingredients for the filling in a large bowl. Spread the filling into the greased pan.
3. Mix all of the topping ingredients except the butter. Add in the butter and squeeze it between your fingers until it comes together into a wet, sandy dough.
4. Sprinkle crumble over the filling.
5. Bake for 40-50 minutes, or until the filling bubbles and the topping is golden brown.