

PALEO APPLE CRISP

From

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Ingredients:

3-4 Apples
2 Tsp Goya lemon juice
1 Tbsp vanilla extract, divided
1 Tbsp Goya cinnamon
1/2 Tsp nutmeg
1 Cup almond flour
1/4 Cup coconut oil
1/2 Cup pecans, chopped

Directions:

- Core and slice apples. Place in baking pan or oven safe glassware. Add lemon juice to apples and stir, coating apple slices.
- In a mixing bowl, add flour, melted coconut oil, vanilla extract, nutmeg, pecans and cinnamon. Mix together.
- Top apples with flour mixture. Top with more vanilla and cinnamon if desired.
- Cover baking dish and place in oven heated at 350 degrees for 20min - 30min.