

Owlie Apple Crisp

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 4 apples, chopped (I used Royal Gala)
- 1.5 cups Love Child Organics Owlies (any flavour, I used Raspberry Vanilla)
- 1/2 cup almond meal (flour)
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 4 tbsp coconut oil, melted* + 2 tbsp

Instructions:

1. Preheat oven to 350F degrees and grease a baking dish with coconut oil. I used a 6 inch diameter round baking dish.
2. Evenly spread the chopped apples in the baking dish.
3. Crush the owlies. I placed them in a large ziploc bag (see photo) and then crushed them with a glass measuring cup.
4. In a large bowl, combine the crushed Owlies, almond flour, spices and coconut oil.
5. Sprinkle the topping over top of the apples. Bake for 30-35 minutes until the apples are soft. Just stick a fork into the apples to test it.
6. Enjoy with some coconut yogurt or ice cream!

Notes:

Serves 4. *Measure when melted.