



Categories: Family Friendly. Low Carb. Gluten Free. Vegetarian.

Low Carb Apple Pecan Crisp

Yield: 6 servings

Prep time: 15

Total time: 45



Ingredients

Refined Coconut Oil, to grease dish | ½ teaspoon

Granny Smith Apple, peeled and sliced | 2 medium

Raw, Unsalted Pecans, chopped | 1 cup

Unsalted Butter, melted | 4 tablespoons

Cinnamon | ½ teaspoon

Pure Vanilla Extract | 1 teaspoon

Date Lady, Date Sugar | 3 teaspoons *optional*

Note: If you chose to exclude the date sugar, the net carbs decrease by 2 grams per serving.

Directions

1. Preheat your oven to 375 degrees. Using a paper towel, gently spread the coconut oil on the bottom of a 9x9 baking dish. Arrange your sliced apples with one layer in the dish.
2. In a bowl mix the pecans, melted butter, cinnamon, vanilla, and 2 teaspoons of the date sugar (if desired).
3. Pour over the apples and spread evenly using a spatula. Sprinkle additional 1 teaspoon of date sugar on top (if desired).
4. Bake at 375 degrees for 25-30 minutes. The crisp is done when pecans are golden, and apples are soft.
5. Serve in 6 small bowls and pour any pan juices on top. Add a little sprinkle of cinnamon on top to finish. Enjoy!

Tip: Pairs nicely with a teaspoon of whipped cream.

Macronutrient Breakdown, per serving

Calories 224.2 kcal | Fat 19.5 g | Total Carbohydrates 12.5 g | Dietary Fiber 3.7 g |

Net Carbohydrates 8.8 g | Protein 1.8 g