

Apple Pie Crumble

Diabetes Friendly

Items Needed: cutting board, knife, measuring cups, measuring spoons, wooden spoon, 8x8 baking dish.

Serves: 8

Ingredients:

- 5 cups sliced apples (skin on.)
- 2 Tbsp unsalted butter
- ¼ cup dark brown sugar (packed)
- ¼ cup almond flour
- ½ cup oatmeal
- 2 tsp cinnamon
- ½ tsp nutmeg
- 1 tsp vanilla extract
- Pinch of salt

Directions:

1. Preheat your oven to 375 degrees and spray you baking dish lightly around the edges with cooking spray.
2. In a microwave safe bowl, melt butter in microwave. Remove and add your sugar, almond flour, oatmeal, cinnamon, nutmeg and vanilla. Work together until crumbly.
3. Layer apples in the baking dish and top the oat topping.
4. Place in the 375 degree oven for approximately 30 minutes or until the crumble is bubbling throughout.
5. Remove from oven and let cool for 5-10 minutes. Top with a sugar free whipped topping if preferred or eat as a stand alone or as a breakfast option.

Nutrition Information (per 1/8 recipe):

Calories: 123 Fat: 4.7 g Carbs: 20.7 g Protein: 1.4 g Fiber: 2.7 g Net Carbs: 18 g

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