

Apple Crisp with hemp hearts and coconut

8 ingredients · 40 minutes · 6 servings



Directions

1. Preheat the oven to 350°F (176°C).
2. In a mixing bowl combine the apples and 1 tsp of the cinnamon. Transfer the apple mixture to a baking dish.
3. In the same mixing bowl, mix all remaining ingredients, then crumble over the top of the apples.
4. Bake in the oven for 15 minutes covered and then 15 uncovered, or until the crumble is golden brown. Enjoy!

Notes

Leftovers

Store leftovers partially covered at room temperature for up to two days or refrigerate in an airtight container for up to five days. Serve warmed or at room temperature.

More Flavor

Add vanilla, nutmeg, allspice or maple syrup to the apple mixture.

Additional Toppings

Top with a dollop of coconut yogurt.

Apples

This recipe was created using McIntosh apples.

Lower carb

Replace more of the oats with coconut flakes and hemp hearts

Ingredients

4 Apple (small, or 3 larger - cored and chopped)

1/2 cup Oat Flour

2 1/2 tps Cinnamon (1tsp in apples, 1.5 in topping)

1/2 cup Unsweetened Shredded Coconut

1/2 cup Hemp Seeds

1 cup Oats

1/4 cup Maple Syrup (1/4 cup)

1/2 cup Butter (softened)

Nutrition

Amount per serving

Calories	411	Vitamin A	543IU
Fat	28g	Vitamin C	6mg
Carbs	36g	Calcium	44mg
Fiber	7g	Iron	2mg
Sugar	13g	Vitamin B12	0µg
Protein	9g	Magnesium	119mg
Sodium	7mg	Zinc	2mg