

Cranberry Apple Oat Crisp

8 SERVINGS 50 MINUTES



INGREDIENTS

1/3 cup Coconut Oil
3 Apple (large, cored, chopped)
2 cups Frozen Cranberries
1/2 cup Maple Syrup
3/4 cup All Purpose Gluten-Free Flour (divided)
1 1/2 cups Oats
1/4 cup Coconut Sugar

NUTRITION

AMOUNT PER SERVING

Calories	305	Carbs	53g
Fat	10g	Protein	3g

DIRECTIONS

- 01 Preheat the oven to 350°F (175°F). Use a little bit of coconut oil to grease the baking dish.
- 02 Add the apples, cranberries, maple syrup and 1/3 of the flour to the baking dish. Gently toss until well combined.
- 03 In a bowl, stir together the remaining flour, oats and coconut sugar. Add the remaining coconut oil and use your hands to combine until the mixture is crumbly.
- 04 Sprinkle the oat mixture evenly over the fruits and press gently. Bake for 40 to 50 minutes, or until golden brown and the fruits have softened. Let cool and enjoy!