



Apple Crisp

Servings per recipe: 1

Each serving counts as 1 grissini bread stick, 1 fruit, ½ allowed daily milk

Very filling & tastes so much like apple pie it almost feels like cheating!
You can also omit the topping if you don't want to use a grissini portion.

Filling Ingredients

- 1 apple
- half small lemon
- 1 Tbsp water
- 2 tsp stevia to sweeten
- cinnamon

Directions

1. Preheat oven to 400.
2. Peel, core, and slice/chop apple.
3. Place apples in small baking dish.
4. Cover with juice of 1/2 small lemon, stevia or xylitol sweetener, water, and few dashes of cinnamon then toss all together.

Topping Ingredients

- 1 grissini
- 1 tsp milk
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp pumpkin pie spice

1. Grind grissini into a powder using food processor or coffee grinder.
2. Add milk in 1/4 t increments. Slowly stir until mixture forms a slightly moist crumbly topping.
3. Sprinkle on top of apple filling.

Directions

1. Cover dish and bake 20 mins.
2. Remove cover and broil 1-2 mins to crisp topping.
3. Serve immediately.

