



now *that's*
a MOUTHFUL

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This recipe is a play on the classic American apple pie, keeping all the flavor, but nixing the heaviness. Rosemary has been shown to help with digestion, so this is one dessert that will actually help you feel less bloated after eating it, rather than more. Feel free to experiment with various apple types as each has their own unique tastes.

HOT ROSEMARY *Apple Crumble*

SERVES 6

TOPPING

¾ cup old-fashioned rolled oats

¾ cup gluten-free multipurpose flour

¼ cup stevia, or ½ cup coconut sugar

¼ teaspoon salt

3 tablespoons chilled unsalted grass-fed butter or coconut shortening, frozen

FILLING

1 tablespoon olive oil

4 apples, cored and thinly sliced

1 tablespoon finely grated ginger

2 tablespoons finely chopped rosemary

1 tablespoon cornstarch

2 tablespoons honey or agave nectar

1 teaspoon pure vanilla extract

Prepare the topping: Place the oats, flour, stevia, and salt in a large bowl.

Toss well to combine. Chop the butter into small pieces and add it to the flour mixture. Rub the butter into the oat mixture until the butter pieces are the size of peas, or add the oat mixture to a food processor and pulse with the butter eight to ten times to reach the same consistency. Do not overmix. Place in the fridge while you make the filling.

Preheat the oven to 375°F.

Prepare the filling: Heat the olive oil in a large skillet over medium heat. Add the apples, ginger, and 1 tablespoon of the rosemary and cook for 10 to 15 minutes, or until the apples start to brown and soften. Lower the heat to low and sprinkle with the cornstarch.

Toss well. Add the honey or agave and vanilla along with ½ cup of water. Toss well until a thick sauce forms. Spoon the mixture into an 8 by 8-inch baking dish. Sprinkle the oat topping over the apples and transfer to the oven.

Bake until the apples are tender and the topping is brown and crisp, 40 to 45 minutes. Remove from the oven and let cool slightly. Spoon the warm crumble into bowls and serve. Garnish with remaining tablespoon of rosemary.

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per serving
321 calories
9 g (4 g) fat (sat)
59 g carbs
35 g sugar
4 g fiber
3 g protein
107 mg sodium
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