



## Raspberry Apple Crisp

2 servings

30 minutes

### Ingredients

- 1/2 cup Raspberries
- 1 Apple (chopped)
- 2 tsp Cinnamon (divided)
- 1 tbsp Coconut Oil
- 1/4 cup Cashews (chopped)
- 1/4 cup Almonds (chopped)
- 3 tbsps Almond Flour
- 1 tbsp Maple Syrup
- 1 tbsp Mint Leaves (optional)

### Directions

- 1 Preheat the oven to 350°F (177°C). Add the raspberries and apple to a small baking dish.
- 2 Mix half of the cinnamon into the raspberries and apples and top with coconut oil.
- 3 In a small bowl add the cashews, almonds, almond flour, maple syrup and the remaining cinnamon. Mix together until evenly combined. Add this crumble over the raspberries and apples and place in the oven.
- 4 Bake for 25 to 30 minutes or until golden brown. Remove from the oven and cool slightly.
- 5 Once cooled, top with mint leaves, if using. Divide evenly between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Nut-Free:** Use oats, oat flour and seeds instead of almonds, cashews and almond flour.

**Additional Toppings:** Coconut yogurt or coconut whip.