

# HEALTHY APPLE CRUMBLE

## Ingredients:

4 apples  
2 bananas  
1/4 cup coconut oil  
2 eggs  
1/2 cup coconut flour  
1 cup oats or oat flour  
1 teaspoon baking powder  
1 teaspoon vanilla extract  
1 teaspoon cinnamon  
1/2 cup coconut sugar or maple syrup  
pinch of sea salt  
\*walnuts\* optional

## Directions:

Preheat your oven at 350 F.  
Mix all your wet ingredients in one bowl and dry ingredients after.  
Place in pan 8x8 or 10x10.  
Oven for 40 minutes and READY to eat.

**Full prep on video**

