



Apple Coconut Breakfast Crisp

4 servings
40 minutes

Ingredients

4 Apple (peeled, cored and chopped)
2 tbsps Tapioca Flour (divided)
1 1/2 tsps Cinnamon
1 cup Unsweetened Shredded Coconut
2 tbsps Coconut Flour
1/3 cup Coconut Butter (softened)
2 tbsps Maple Syrup
1 tbsp Coconut Oil (melted)

Nutrition

Amount per serving	
Calories	454
Fat	32g
Carbs	49g
Fiber	12g
Sugar	28g
Protein	4g

Directions

- 1 Preheat the oven to 350°F (176°C).
- 2 In a mixing bowl combine the apples, half of the tapioca flour and the cinnamon. Transfer the apple mixture to a baking dish and bake for 20 minutes until the apples begin to soften.
- 3 Meanwhile, in the same mixing bowl combine the shredded coconut, coconut flour and the remaining tapioca flour. Stir in the coconut butter, maple syrup and coconut oil until a coarse meal forms.
- 4 Remove the apples from the oven and spoon the coconut mixture over top in an even layer. Return to the oven and continue to bake for 15 minutes or until the coconut crumble is golden brown. Enjoy!

Notes

Leftovers: Store leftovers partially covered at room temperature for up to two days or refrigerate in an airtight container for up to five days. Serve warmed or at room temperature.

Serving Dish Size: An 8 x 8-inch baking dish was used for 4 servings.

More Flavor: Add vanilla, nutmeg, allspice or maple syrup to the apple mixture.

Additional Toppings: Top with a dollop of coconut yogurt.

Apples: This recipe was created using McIntosh apples.