

Caramel Apple Crisp Cups

Serves 12

Ingredients

GRAHAM CRACKER BASE

- 2 cups *Simple Mills Seed and Nut Flour Sweet Thins*
- ½ - ¾ cups melted *Coconut Oil*

APPLE FILLING

- 4 cups chopped *Apples* (organic)
- ¼ cup *Coconut Sugar*
- 2 ½ tbsp *Gluten-Free Flour*
- ½ tsp *Cinnamon*
- ¼ tsp *Nutmeg*

CARAMEL DRIZZLE

- ⅔ cup *Coconut Cream*
- ¼ cup *Coconut Sugar*
- 1 tsp *Vanilla Extract*
- Pinch of Sea Salt

Instructions

GRAHAM CRACKER BASE

1. Preheat the oven to 350°F and grease muffin pan
2. In a food processor, pulse the *Simple Mills Seed and Nut Flour Sweet Thins* until it becomes crumbs.
3. Slowly add the melted *Coconut Oil* until evenly mixed and sticking.
4. Press this mixture along the bottom and sides of the muffin pan holes to make a “cup”.
5. Bake for 5 minutes and let cool completely.
6. Increase oven temperature to 375°F.

APPLE FILLING

1. Chop the *apples* into little pieces by pulsing in a mini food processor. Don't puree, just finely chop.
2. Mix *apples, coconut sugar, flour, cinnamon, and nutmeg* in a bowl.
3. Bake in a baking dish for 15 minutes at 375°F, until the apples are slightly softened.
4. Reduce oven temperature to 350°F.
5. Scoop a spoonful or so of the *apple filling* and place on top of the *graham cracker crust cups* (while still in the muffin pan).
6. Sprinkle any extra *graham cracker* on top of the apples if left over.
7. Bake for 5 minutes at 350°F.
8. Let cool completely.

CARAMEL DRIZZLE

1. Combine the *coconut cream and coconut sugar* in a small saucepan over medium heat, bring to a boil.

2. Once boiling, lower heat so the mixture is bubbling evenly and continue to cook and stir until reduced and thickened, about 10-15 mins. It should resemble dark caramel.
3. Remove from heat and stir in the **vanilla and sea salt**.
4. Allow to cool completely before serving.

SERVE & ENJOY! 

Recipe made for *Feel Better Eating* with love from *Feel Better Living*

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