

## Tigernut Apple Crisp

Adapted from [Our Grain-Free Life's Tigernut Apple Crumble](#)

By Mary Ann Hastings, [CookingForYourLifestyle.com](http://CookingForYourLifestyle.com)

- 4 large, organic cooking apples
- 1 ¾ t. [cinnamon](#) (divided)
- 1 T. raw honey
- 1/2 cup [tigernut flour](#)
- 1/2 cup [arrowroot flour](#)
- 1/8 t. [sea salt](#)
- 1/4 cup [coconut butter](#)
- 1/4 cup [coconut oil](#)
- 1/8 cup [maple syrup](#)
- 1 t. [lemon juice](#)

### Directions:

1. Preheat oven to 350° F.
2. Keeping washed skin on, core and slice apples. If you quarter the apple, you should get about 6-8 slices per quarter. If you like the apples crispier, cut them into larger slices.
3. Grease the bottom and sides of a large round (preferably deep dish), glass pie pan with coconut oil and place apple slices on the bottom.
4. Sprinkle apples with 3/4 teaspoon of cinnamon (reserve the rest for the crumble) and drizzle the tablespoon of honey evenly across them.
5. Place glass pan with apples in oven and bake for about 20 minutes, while prepping crust.
6. Mix all dry ingredients well (tigernut, arrowroot, cinnamon, salt) in a bowl.
7. Soften oil and coconut butter in microwave for 15 seconds, then combine with the dry mixture.
8. Add maple and lemon juice and mix with hands or fork until all ingredients are well combined.
9. The dough will be wet and may not hold together well. Don't worry, it will crisp up as it bakes.
10. Remove pie plate with apples from oven.
11. Spoon crumble on top of partially cooked apples until top is covered.
12. Return to oven for another 20-25 minutes. Crumble should be stiff and golden brown when done.
13. Adding whipped coconut topping is an optional (and delicious) treat!

This dish is especially yummy served warm. It also freezes well and can be re-warmed in a pan (with a little coconut oil in it) on top of the stove, or in the microwave.