

## Cinnamon Maple Apple Crumble

4 servings

### **Topping**

1 Tablespoon pure maple syrup  
2 teaspoons coconut oil  
½ teaspoon pure vanilla extract  
¼ teaspoon cinnamon  
¼ teaspoon nutmeg  
Pinch ground cloves (optional)  
½ cup rolled oats  
2 tablespoons blanched, slivered almonds  
1 tablespoon chopped pecans  
2 tablespoons unsweetened coconut flakes or threads

### **Apples:**

4 medium apples  
4 tablespoons butter(or coconut oil)  
4 tablespoons pure maple syrup  
½ teaspoon ground cinnamon

### **Yogurt Sauce:**

½ cup plain greek yogurt  
2 tablespoons pure maple syrup

1. Preheat oven to 300
2. In a small bowl mix together maple syrup, coconut oil, vanilla, and spices until smooth
3. Add oats, nuts, and coconut, and mix well until evenly coated. Pour onto a rimmed metal baking sheet. Bake for approximately 18 minutes, stirring halfway through. Topping will be fairly dry. Remove from the oven, and allow to cool. Topping will crisp as it cools.
4. Peel and core apples. Cut each apple into 16 pieces.
5. Melt butter and maple syrup together in a medium pan over medium heat. When it is bubbling, add the apple slices and cinnamon. Cook for about 3 minutes, turning and stirring to coat slices. Turn heat to low, and cover with a lid. Cook another 5-7 minutes or until apples are tender when pierced with the tip of a sharp knife. Take the lid off for the last minute or so and allow the apple slices to brown up a bit.
6. Mix yogurt and maple syrup in a small bowl until smooth.
7. Divide apples into bowls, sprinkle with a tablespoon or two of the topping, then a dollop of the maple yogurt. Sprinkle with extra cinnamon if desired.