

INGREDIENTS

- 5 Large Apples
- 1 Banana
- 1 tbsp Cinnamon
- 2 tbsp Maple Syrup
- 1 tbsp Ground Flax Seed or Chia Seeds
- 3 cups Oats
- ½ cup Nut Butter
- ½ cup Applesauce
- 1/3 cup Dark Chocolate Chips

DIRECTIONS

1. Preheat oven to 375 F.
2. Chop the apples into thin slices or small bite size pieces. The smaller you chop the faster they cook!
3. Season apples with ½ tbsp cinnamon, 1 tbsp maple syrup, mix and taste for your preference.
4. Place the mixture into the bottom of a cooking pan and spread evening.
5. Mash the banana and mix with nut butter, ½ tbsp cinnamon, 1 tbsp maple syrup, apple sauce, and flax/chia together. Taste for your preference and then add oats.
6. Layer the mixture on top of the apples. Place chocolate chips on top.
7. Bake for around 30 minutes or until desired texture.
8. Enjoy!



Hot Apple Crumble

Dairy-Free | Gluten Free | Vegetarian | Vegan

Yield:
12 Servings

Prep Time:
15 Min

Cook Time:
30 Min