****

**Apple Wonder (Clean apple crisp)**

5 apples, thinly sliced (Baking apples like an organic MacIntosh are best.)

1 cup almond flour

3 tablespoons of coconut oil

½ cup chopped walnuts

Cinnamon to taste

Pinch of nutmeg

Directions

Place apples in a baking dish and sprinkle with cinnamon. In a bowl, mix almond flour, coconut oil, walnuts, and nutmeg. Sprinkle mixture over the apples. Bake at 350 degrees for 20 minutes or until apples are soft.

Feel free to get creative with this recipe – there are many things you can add both during and after the program.