

## Baked Apples

### Topping

½ heaping cup whole rolled oats

½ cup almond flour

1/3 cup packed brown sugar

1/3 cup chopped pecans

½ teaspoon ground cinnamon

¼ teaspoon sea salt

8 tablespoons melted butter, split between topping and brushing on the apples & drizzling over topping before baking

4 apples, cored and halved

Preheat oven to 375 degrees.

In a small bowl, combine the oats, almond flour, brown sugar, pecans, cinnamon, and salt. Pour in the melted butter and mix together until the mixture clumps together.

Use a spoon to scoop out some of the center of the apple half. Brush the extra melted butter over each apple half and place in an ungreased baking dish, scoop side up. Add a small amount of water to the baking dish and cover the dish with aluminum foil. Place in oven for 15 minutes to slightly soften the apples.

Remove from oven, uncover and top each apple half with a generous amount of topping. Drizzle with a little more butter on top and bake for 20 minutes, or until the apples have softened and the topping is crisp.

Let cool slightly and top with whipped crème fraiche, or vanilla ice cream, or nothing at all.

Enjoy!