

Easy Cinnamon Apple Crumble

A diabetic-friendly recipe

Ingredients:

- Cooking spray
- 6 large baking apples, peeled, cored, and chopped
- 1 teaspoon stevia powder, divided
- 3 1/2 tablespoons butter
- 3/4 cup flour
- 1 tablespoon cinnamon
- Sugar-free ice cream for serving



Directions

1. Preheat oven to 375°F. Spray a 9 X 13-inch baking pan with cooking spray.
2. Combine apples and 1/2 teaspoon stevia in a medium bowl. Transfer to the prepared baking pan.
3. Place butter, flour, and remaining stevia in a medium bowl. Combine with your fingers until the texture is like bread crumbs.
4. Sprinkle cinnamon evenly over apples. Sprinkle flour mixture evenly over apples.
5. Bake 15 minutes. Reduce oven to 350°F and bake an additional 20–25 minutes. Serve warm with ice cream.

Makes 8 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.