

Sister Uglie's Apple Crisp For one



Ingredients:

- 1 Baking Apple (I used a honeycrisp)
- 2 TBS Old fashioned Oats divided
- 1 Tsp Butter
- 1-2 Tsp Truvia or 1-2 shakes Stevia extract
- 1 Tsp Ground cinnamon
- 1/8 Tsp sea salt
- 1 Tsp water mixed with a shake of *Glucomannan*
- Optional Fat Free Redi-whip

Preheat oven to 350 degrees

Begin by peeling, coring, and dicing your apple place in a mixing bowl and add all your dry ingredients to the bowl and toss together until your apples are coated on all sides. Next add the teaspoon of water mixed with *Glucomannan* and toss again.

Then ground one TBS of my oats in a coffee grinder until it is the consistency of flour, after that melt butter in a small skillet and added the ground oats and whole oats stirring consistently until they had absorbed the butter and resembled crumble.

Pour the apple cinnamon mixture into a small oven-safe ramekin, and then sprinkle your oat crumble on top. Place on a cookie sheet and in the oven bake for 20-22 min. Allow it to cool for a few minutes