

Paleo Apple Pie Crumb Bars

Course Dairy Free, Dessert, Gluten Free, Paleo

Servings

9 SQUARES

Prep Time

15 MINUTES

Cook Time

32 MINUTES

Ingredients

Shortbread Layer

- 2 cups almond flour
- 2 tablespoons coconut flour
- 1/3 cup Golden Barrel Coconut Oil, melted
- 1/3 cup maple syrup
- 1/2 teaspoon salt

Apple Filling

- 2 cups diced apples (about 2-3 depending on size)
- 1 1/2 teaspoons apple pie spice (or cinnamon)
- 1/8 teaspoon salt
- 1 tablespoon arrowroot powder
- 1/4 cup maple syrup
- 1 tablespoons water, if needed

Crumb Topping

- 1/4 remaining shortbread dough
- 2 tablespoons chopped pecans
- 1/4 teaspoon apple pie spice (or cinnamon)

Instructions

1. Preheat oven to 350° and line a 9 inch square pan with parchment paper. Set aside.

2. In a large bowl, make the shortbread. Combine the almond flour, coconut flour, coconut oil, maple syrup, and salt. Mix until well combined. Divide the dough into 4th's and use press 3/4 into the bottom of the pan and save the remaining 1/4 in a small bowl for the topping.

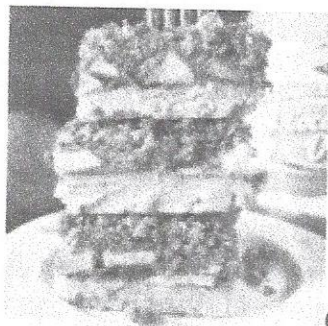
3. Bake shortbread for 12-14 minutes- it should be lightly brown around the edges.
4. While the shortbread bakes, make the apple layer. Place apples in a medium bowl and add apple pie spice, salt, and arrowroot powder. Toss to coat evenly. Dump into a small saucepan and add the maple syrup. Cook on medium heat, stirring the whole time, until thickened- about 5-7 minutes.
5. Once shortbread is baked, remove and let cool 5 minutes. Then scoop the apple mixture onto the shortbread, spreading it as evenly as possible.
6. Take remaining 1/4 of the shortbread mixture and add the pecans and apple pie spice. Mix together and sprinkle evenly over the apple mixture. Press down slightly so it stays in place.
7. Bake for 20-22 minutes. Enjoy warm and store all leftovers in the fridge.



Jessica DeMay

Jessica is a self taught cook/baker from Michigan who enjoys local farmers markets, baking competitions, and kayaking with her husband. She specializes in Paleo and other desirable recipes that can be seen over on her own food blog.

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