

## Try this healthy autumn apple dessert

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(HealthDay)—Apples are a superfruit loaded with nutrients and soluble fiber. While warm apple pie is the quintessential American dessert, a few tweaks to the standard recipe can lighten the calorie load.

First, switch from pie to crumble, which calls for less crust. To make the most of the apples' nutrients, this recipe keeps the skins on. The chai spices add a wonderful flavor. Though you can use any [apple](#), try Cripps Pink apples. They have a firm red peel and sweet white flesh, perfect for baking.

## Chai Apple Crumble

- Cooking spray
- 2 apples, preferably Cripps Pink, cored and diced
- 1 teaspoon cornstarch
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground cardamom
- 1/8 teaspoon freshly ground nutmeg
- 1/8 teaspoon freshly ground black pepper
- 1/4 cup water
- 6 tablespoons sugar substitute, divided in half
- 1 cup almond flour
- 2 tablespoons ground flaxseed
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 cup butter, chilled and cut into pieces

Preheat your oven to 350 degrees.

Coat a large skillet with cooking spray and place over medium heat. Add the apples, cornstarch, cinnamon, cardamom, nutmeg, [black pepper](#), water and half the sweetener. Cook 10 to 12 minutes, covered, until the apples are very tender.

While the apples cook, place almond flour, flaxseed, baking soda and salt in a food processor. Add the rest of the sweetener and the butter.

Pulse 8 to 10 times until a crumbly dough forms. Transfer half the dough to an 8-inch square baking dish and press evenly on the bottom. Refrigerate the rest. Bake the crust 15 to 20 minutes, until firm to the touch.

Spoon the apples over the crust and crumble the reserved dough mixture on top. Bake 10 more minutes until the top is golden brown. Serve warm.

Yield: 6 servings

**More information:** The U.S. Apple Association has more on [Cripps Pink \(Pink Lady\)](#) and other varieties.

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