

GLAM PRO APPLE CRISP



INGREDIENTS:

- 1 scoop Breakfast in Bed GLAM PRO
- 1 tbsp coconut flour
- 1/4 cup quick oats
- 1 tbsp *I can't believe it's not butter* light
- 1/2 cup unsweetened applesauce
- 1/4 tsp cinnamon

DIRECTIONS:

- 1) Preheat oven to 350 F
- 2) In a medium bowl mix GLAM PRO, coconut flour, and quick oats
- 3) Add butter to the flour mixture, using your hands gently work it in until small lumps form
- 4) In a separate bowl mix applesauce and cinnamon
- 5) Place applesauce mixture in a small oven safe glass dish, ramekin, or creme brulee dish
- 6) Top with the crumble mixture
- 7) Bake for 20 minutes. Crumble topping should start to brown

Enjoy!

Makes 1 serving

Calories: 275 | Protein: 18 g | Carbs: 33 g | Fat: 8 g | Fiber: 6 g