

Everything Herbal™

by Cheryl Jabz

Wholesome • Herbal
Naturally Sweet

QUICK, EASY & DELICIOUS CRANBERRY ORANGE THYME CRISP

♥ SUGAR FREE ♥

A bright and cozy fruit crisp with tart cranberries, zesty orange, and aromatic thyme—naturally sweet, perfectly comforting and guilt-free!

SUGAR
FREE

INGREDIENTS

FILLING:

- ♥ 3 cups fresh or frozen cranberries
- ♥ 1/4 cup fresh orange juice
- ♥ Zest of 1 orange
- ♥ 1/4 cup water
- ♥ 1–2 tbsp sugar-free sweetener of choice (to taste)
- ♥ 1 tsp vanilla extract
- ♥ 1 tsp fresh thyme leaves (or 1/2 tsp dried)

TOPPING:

- ♥ 3/4 cup almond flour
- ♥ 1/2 cup rolled oats
- ♥ 1/4 cup chopped pecans or walnuts
- ♥ 1/4 cup unsweetened shredded coconut (optional)
- ♥ 1 tsp ground cinnamon
- ♥ 1/4 tsp ground nutmeg
- ♥ 1/4 tsp sea salt
- ♥ 1/4 cup melted coconut oil
- ♥ 1–2 tbsp sugar-free sweetener of choice (to taste)

INSTRUCTIONS

- 1 Preheat oven to 350°F (175°C).
- 2 In a medium saucepan, combine cranberries, orange juice, orange zest, water, sweetener, vanilla, and thyme.
- 3 Cook over medium heat, stirring occasionally, until the cranberries pop and the mixture thickens, about 8–10 minutes. Remove from heat and pour into a lightly greased 8x8-inch baking dish.
- 4 In a bowl, mix almond flour, oats, nuts, coconut (if using), cinnamon, nutmeg, salt, and sweetener.
- 5 Stir in melted coconut oil until crumbly.
- 6 Sprinkle the topping evenly over the cranberry mixture.
- 7 Bake for 25–30 minutes, or until the topping is golden and crisp.
- 8 Let cool for at least 10 minutes before serving. Enjoy warm or at room temperature!

VARIATIONS

- ♥ Add 1/4 cup diced apples or pears for flavor and texture.
- ♥ Swap pecans for sliced almonds or pumpkin seeds.

HIGH IN
FIBER
ANTIOXIDANTS

HERBAL BENEFITS



CRANBERRIES

Rich in antioxidants and vitamin C; supports urinary tract and immune health.



ORANGE

High in vitamin C and flavonoids; supports immunity and healthy skin.



THYME

Aromatic and soothing; supports digestion and respiratory wellness.



CINNAMON

Helps support healthy blood sugar levels and adds warming comfort.



ALMOND & NUTS

Provide healthy fats, protein, and essential minerals.

Sweetener Tip

These recipes are sugar-free and can be sweetened with your preferred sugar-free sweetener, such as stevia, monk fruit, erythritol, or allulose. Adjust to suit your taste and follow the manufacturer's conversion guidelines.

PREP TIME



15 min

COOK TIME



30 min

TOTAL TIME



45 min

SERVINGS



6 servings



SCAN ME

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