



EVERYTHING
HERBAL

by Cheryl Jabz

PLANT • NOURISH • THRIVE



SUGAR FREE
Naturally Sweetened!

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Thanks for Supporting Herbal Wellness!

DELICIOUSLY SPICED
SWEETNESS WITHOUT SUGAR

Apple Cinnamon CRUMBLE

SUGAR FREE

Warm, comforting, and full of cozy flavor!
This Apple Cinnamon Crumble is sugar free, made with wholesome ingredients and naturally sweetened for a guilt-free treat the whole family will love.

INGREDIENTS

For the Filling:

- 6 cups apples, peeled and sliced (Granny Smith or Honeycrisp)
- 2 tbsp lemon juice
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 cup monk fruit sweetener (or to taste)
- 1 tsp vanilla extract

For the Crumble Topping:

- 1 cup almond flour
- 1/2 cup chopped pecans
- 1/4 cup unsalted butter, melted
- 1/4 cup monk fruit sweetener
- 1 tsp ground cinnamon
- Pinch of sea salt

OPTIONAL ADD-INS:

- 1/4 cup chopped walnuts
- 1/4 cup shredded coconut

DIRECTIONS

- 1 Preheat oven to 350°F (175°C).
- 2 In a large bowl, toss sliced apples with lemon juice, cinnamon, nutmeg, monk fruit sweetener, and vanilla extract. Mix well.
- 3 Transfer apple mixture to a greased 9x9-inch baking dish.
- 4 In another bowl, combine almond flour, chopped pecans, monk fruit sweetener, cinnamon, and sea salt.
- 5 Add melted butter and stir until crumbly.
- 6 Sprinkle the crumble topping evenly over the apples.
- 7 Bake for 30-35 minutes or until the apples are tender and the topping is golden brown. Let cool slightly before serving.

CHERYL'S TIP

For extra flavor, add a dash of allspice or cardamom to the apple filling!

HERBAL HIGHLIGHTS



CINNAMON

Traditionally used to support healthy blood sugar levels and digestion. Adds warmth and cozy flavor.



APPLES

A good source of fiber and antioxidants that support heart health and overall wellness.



PECANS

Packed with healthy fats, protein, and minerals that promote heart health and energy.

SUGAR FREE LOW CARB KETO FRIENDLY GLUTEN FREE HIGH IN FIBER

Made with Love, Nature & Herbs
Simple ingredients. Powerful benefits.
Made for you and your family.

PERFECT FOR:

- ♥ Healthy Desserts
- ♥ Keto & Low Carb Diets
- ♥ Family Treats
- ♥ Meal Prep
- ♥ Holiday Gatherings
- ♥ Guilt-Free Indulgence

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Bringing the Power of Herbs to Your Kitchen and Your Life!

THANK YOU!