



Fiberfit Mock Apple (or real peach) Crisp

Truly decadent... yet with a mere 4.5 net carbs per serving, it is also "truly low-carb!"



CRUST:

- 3/4 cup vanilla protein powder
- 3/4 cup almond flour
- 6 tablespoons cold butter, cut into about 12 pieces
- 2 teaspoons [FIBERFIT](#)

FILLING:

- 4 cups thinly sliced zucchini (2 small, or 1 medium)
- 2 stick packs Sugar Free Water flavoring, Apple (I used Walmart brand but due to the aspartame, a healthier option would be 1-2 tsp. pure apple extract or flavoring, like those from NaturesFlavors.com)
- 1/4 cup vanilla or plain protein powder
- 2 tablespoons lemon juice
- 2 tsp [FIBERFIT](#)
- 1/2 tsp. ground nutmeg
- 1 teaspoon ground cinnamon

TOPPING:

- 3/4 cup sliced almonds (or chopped walnuts, pecans, etc. Nutrition analysis based on almonds.)
- 1/2 cup whole rolled oats
- 1 teaspoon ground cinnamon
- 2 teaspoons [FIBERFIT](#)
- 4 tablespoons cold butter, cut into about 8 pieces



PROCEDURE: Place crust ingredients in food processor and pulse on and off until mixture forms clumps. **TIP:** TAKE CARE with this step! Not enough processing and it will seem too dry - too much processing and you'll melt the butter, failing to achieve the nice flaky texture we're looking for. Press in bottom of large spring-form or deep-dish pie pan. Bake crust for 10- 15 minutes, until lightly browned at edges.

Meanwhile, prepare zucchini: slice lengthwise, remove any large seeds if using monster-sized garden zukes; slice thinly to resemble half-moons. Toss zucchini slices with remaining filling ingredients until well mixed. Spread out over hot crust, taking care not to burn yourself.

Put topping ingredients in food processor (please don't tell me you already washed it in between? NOT necessary!) Pulse on and off until butter breaks down into small pieces. Scatter topping over filling. Bake 35-40 minutes.

SERVES: 12 PER SERVING: 4.5 Net Carbs ~ 198 calories; 16.2g total fat; 7.4g carbohydrates (2.9g fiber; 1.4g sugar); 8.0g protein
***Substituting Splenda granular for Fiberfit results in 2 additional carbs per serving, with less beneficial fiber. Try Fiberfit today!**

REAL PEACH VARIATION: Just 7.9g net carbs ~ 208 calories; 16.2g total fat; 11.2g carbohydrates (3.3g fiber; 5.4g sugar); 6.9g protein
Crust: No Change -- Filling: Substitute sliced fresh peaches for zucchini. Omit apple flavoring, protein powder, and spices.
Reduce lemon juice to 1 Tb. -- Topping: No Change

Check out more recipes and find helpful advice at LearnLowCarb.com. Visit my interactive forum at TrulyLowCarb.net to talk with other low-carbers just like yourself, and get the kind of long-term support that can make a real difference.