

3-Ingredient Apricot Shortbread Crisp

Ingredients:

- 2 cups apricot, pitted, and quartered
- 2 tablespoons honey
- 6 tablespoons coconut butter

Directions:

1. Preheat oven 350°F.
2. Fill bottom of pan with apricots.
3. Toss with honey and flatten out.
4. Drizzle coconut butter over the fruit and spread it around with the back of the spoon. If the coconut butter is solid, put the required coconut butter in a jar inside a bowl of hot water until it becomes liquidy.
5. Bake for 20 minutes or until the top of the crisp is golden brown. At this point, the topping will be mushy and dry-looking.
6. While the crisp is still hot, cut into squares.
7. After it cools to room temperature, put it in the fridge until chilled.
8. Serve and enjoy.

Nutrition Facts

Serving Size 8 inch round pan (76g)
Servings Per Container 8

Amount Per Serving

Calories 150 **Calories from Fat 80**

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 0mg **0%**

Total Carbohydrate 19g **6%**

Dietary Fiber 1g **4%**

Sugars 4g

Protein 1g

Vitamin A 25% • Vitamin C 10%

Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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