

Low-Glycemic Apricot Almond Crisp

A naturally sweet, fiber-rich dessert featuring fresh apricots and crunchy almonds. Blood sugar friendly with no refined flour or processed sugars.

Prep: 10 min

Cook: 25 min

Total: 35 min

Servings: 6

GL 6.7 / GI 50

Ingredients

for coating baking dish olive oil for greasing

approximately 8-10 medium apricots fresh apricots, halved and pitted

provides healthy fats and protein raw almonds, roughly chopped

adds fiber and texture certified gluten-free rolled oats

aromatic spice complement whole anise seeds

natural sweetener, use sparingly raw honey

Instructions

Step 1

Position your oven rack in the center and preheat the oven to 350°F (175°C). This moderate temperature allows the fruit to soften and caramelize without burning the nut topping.

Step 2

Lightly coat a 9-inch glass pie dish with olive oil using a pastry brush or paper towel, ensuring the bottom and sides are evenly covered to prevent sticking.

Step 3

Cut the apricots into quarters or smaller chunks for faster cooking and easier serving. Arrange them evenly across the bottom of the prepared pie dish, creating a single layer when possible.

Step 4

Scatter the chopped almonds evenly over the apricot pieces, followed by the oats and anise seeds. This creates a crunchy topping that will toast beautifully in the oven.

Step 5

Drizzle the honey in a thin stream over the entire surface, trying to distribute it as evenly as possible across the fruit and nut mixture.

Step 6

Place the dish in the preheated oven and bake for 25 minutes, or until the almonds turn golden brown and the apricots are bubbling around the edges with their natural juices.

Step 7

Remove from the oven and let cool for 5 minutes before serving. Enjoy warm, optionally topped with unsweetened Greek yogurt for added protein and an even more balanced blood sugar response. Each serving is approximately 3/4 cup.