

## Apple Crisp

A yummy wheat-free, dairy-free alternative to the usual crisps.

Serves 6 – 8 people

### *Apple Layer*

6 – 8 organic apples, washed, cored, unpeeled and sliced

Juice of 1 lemon

2 tablespoons spring water

4 tablespoons maple syrup

¼ cup dried cranberries or raisins (optional)

### *Crisp Topping*

2 cups rolled oats

2/3 cup brown rice flour

1/2 cup walnuts, chopped

2 tablespoons flax seeds

1 teaspoon ground cinnamon

6 tablespoons grapeseed oil

4 tablespoons maple syrup

### **Directions:**

Preheat oven to 375°F.

Prepare apples and place in a lightly oiled 8 x 10 baking dish. Toss apples with lemon juice then add spring water and maple syrup and toss again. Add cranberries or raisins if desired.

### **Crisp Topping:**

In a separate bowl combine the dry ingredients: oats, rice flour, nuts, flax seeds and cinnamon. Gently toss till combined. Stir the oil and maple syrup together. Combine the liquid mixture with the oat and nut mixture. Then evenly cover apples with the topping. Cover with foil and bake 20 – 30 minutes or until apples are soft. Remove the foil and bake an additional 10 minutes to brown the topping a bit.

Serve with Brown Cow Maple yogurt (or dairy-free yogurt) for an indulgent treat or just on its own.

Notes from the Kitchen: I love to eat this for breakfast the next morning. Using the rice flour keeps this crisp crispy even the next day – if there is any left. And for an even easier dessert, pour frozen peaches and a few frozen blueberries (organic, of course) in a baking dish. You don't even have to defrost. Cover with the crisp topping. Bake a little longer or till bubbly in the center.

*Submitted by Sat Nam Kaur Khalsa, Austin, Texas*