

Apple Crisp

Ingredients:

5-6 cup apples, peeled and thinly sliced
2 Tbsp. Kuzu or natural thickening agent
2 tsp. Cinnamon
¼ tsp. Sea salt
1 Tbsp. Lemon juice, freshly squeezed
½ cup brown rice syrup
2 tsp. Almond extract

Topping Ingredients:

1 ½ cup rolled oats (not the instant oatmeal)
½ cup whole wheat pastry flour
¼ cup almonds, toasted and finely chopped (optional)
¼ tsp. Sea salt
6 Tbsp. Light vegetable oil
3 Tbsp. Brown rice syrup

1. Preheat the oven to 400 degrees;
2. To prepare filling, combine fruit with the dry ingredients, then stir in the wet ingredients. Transfer to a 1 ½ or 2 quart baking dish or a deep-dish pie plate;
3. To prepare topping, mix dry ingredients, stir in the oil and then sweetener. Rub the mixture between your palms and distribute over the fruit;
4. Cover the dish with foil and bake until fruit is tender, about 45 minutes. Uncover and return to oven and bake until topping is golden, about 10 minutes or more. Serve hot or warm.