



APPLE WALNUT CRISP

PREP: 15 min COOK: 45 min
TOTAL: 1 hr SERVES: 6

FILLING

5 apples, cored,
peeled and cubed
1/3 cup coconut sugar
2 tablespoons lemon juice
2 tablespoons orange juice
1 teaspoon orange zest
1 teaspoon lemon zest
1/4 cup cornstarch
1/2 teaspoon cinnamon
1/8 teaspoon allspice
Pinch of salt

TOPPING

1 cup oat flour
1 1/4 cups old-fashioned oats
1 cup walnuts, chopped
1/2 cup coconut sugar
1/2 teaspoon cinnamon
Pinch of salt
8 tablespoons unsalted
butter, chilled

1. Preheat oven to 350 degrees.

2. Place the apples, coconut sugar, lemon juice, orange juice, zests, cornstarch, cinnamon, allspice and salt in a large mixing bowl. Stir ingredients until apples are evenly coated. Set aside.

3. Place the oat flour, oats, walnuts, coconut sugar, cinnamon and salt in a large mixing bowl and stir to combine. Cube the butter and cut the butter chunks in with the dry ingredients using a pastry cutter. Continue cutting in the butter until pea-sized butter lumps remain.

4. Transfer the apple filling to an 8-inch baking dish. Dump the oat topping evenly over the apple filling.

5. Bake for 45 minutes or until the apples are tender. Top with freshly prepared whipped cream and serve immediately.