APPLE CRISP

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Enjoy this warmly spiced, low sugar dessert featuring fresh fruit, nuts, honey and healthy walnut oil for an added nutritious punch. Enjoy it with or without a whipped topping. For seasonal flavor variations, use strawberries and rhubarb, mixed berries or peaches in place of the apples.

To prepare a gluten-free version, use a 1 to 1 gluten-free baking flour such as Bob's Red Mill 1 to 1 Baking Flour or King Arthur Gluten-Free All-Purpose Flour.

The recipe can be prepared 1 day ahead and refrigerated, or frozen for up to 2 months. Bring to room temperature, then warm when ready to serve.

Makes: 1- 8 or 9-inch baking dish

INGREDIENTS

Fruit Filling:
5 – 6 apples, peeled, cored, diced (6 cups finished)
1 tablespoon all-purpose or gluten-free flour
½ teaspoon cinnamon
¼ teaspoon nutmeg
1/8 teaspoon ground ginger
1/8 teaspoon allspice
1 tablespoon lemon juice

Topping:
½ cup old-fashioned rolled oats
¼ cup slivered almonds
3 tablespoons all-purpose or gluten-free flour
1 tablespoon packed brown sugar
¼ teaspoon cinnamon
1/8 teaspoon nutmeg
1/8 teaspoon salt
2 tablespoons walnut oil (or other nut or seed oil or olive oil)
1 tablespoon honey

DIRECTIONS

1. Preheat oven to 350° F. Prepare an 8 or 9-inch square baking dish with olive or avocado oil cooking spray, wiping excess away with paper towel.

2. In a large mixing bowl, gently combine the fruit filling ingredients. Spread evenly in the prepared baking dish.

3. In a medium-sized mixing bowl, place the oats, almonds, flour, sugar, cinnamon, nutmeg and salt. Mix to combine well. Add the walnut oil and honey and mix well until crumbly.

4. Sprinkle the topping mixture evenly over the fruit in the baking dish.

5. Bake approximately 40 – 55 minutes, until fruit is bubbling and topping is lightly browned. Remove from oven and cool slightly. Serve warm or at room temperature.