

Apple Crisp (Gluten Free)

Low in sugar with an orange twist. Tastes divine on its own or try adding a dollop of vegan ice cream or whipped cream.

Categories

Gluten-free

Yields: 6 servings

Preparation time: 15 mins

Cooking time: 90 mins

Category: Desserts

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Apple, fresh, with skin	6 medium - 3" diameter
Orange peel	2 tablespoons
Orange juice, fresh	1 each - juice from one orange
Cinnamon, ground	1 teaspoon
Nutmeg (ground)	0.25 tsp
Gluten free all-purpose flour	0.75 cup
Oatmeal (avena), regular cooking	0.75 cup
Coconut sugar, coconut	12 x 1 tsp
Earth balance, vegan shortening	4 x 1 tbsp
Salt, sea salt	1 dash

Instructions

1. Preheat oven to 350 F. Grease a 9 inch square baking dish with a small amount of coconut oil or vegan butter.
2. Mix the zest (just grate apple the peel of one orange to make the zest) and juice of one orange with 1/4 cup coconut sugar, 1 tsp ground cinnamon and 1/2 tsp ground nutmeg in a large bowl.
3. Core unpeeled apples and cut into 3/4" pieces. Place in the same large bowl with the above ingredients. Stir until well mixed and then add to baking dish.
4. In a medium bowl add 3/4 cup gluten free flour, 3/4 cup old - fashioned oats, 1/4 cup coconut sugar and dash of salt.

5. Melt 1/4 cup vegan butter and add to bowl with flour and oats. Stir until the mixture is somewhat crumbly. I prefer to use my hands as this helps spread the butter more evenly. Then sprinkle mixture over apples. For this again I use my hands and press as I sprinkle the mixture to create clumps of topping.

6. Bake apple crisp for 1 hour and 30 minutes or until apples are tender and juices have thickened. Let cool for 15 minutes before serving.