



APPLE CRISP

INGREDIENTS:

1/2 cup Barley flour
1 1/2 cup Rolled Oats, 100% natural
2 tbsp Coconut oil, unrefined
1/4 cup Maple Syrup
2 tbsp Pecans, raw, chopped
1/2 tsp Cinnamon, ground
1/8 tsp Sea Salt
1/2 cup Currant, dried
8 medium Apple, sweet
1/2 tsp Vanilla extract
2/3 cup Apple Juice
1/3 cup Water
1 tbsp Kudzu root starch
1/4 cup Butter, natural

RECIPE DIRECTIONS:

Lightly roast flour and oats together, by stirring in a skillet over medium heat until heated through, but not brown. Quickly remove and put in a bowl, so it doesn't burn. Heat oil, syrup, and butter and pour over oats and flour. Add nuts, salt, and cinnamon and mix well. Peel and thinly slice apples (squeeze a little lemon on them to keep from browning). Sprinkle apples with a little cinnamon and add currants. Spread apples in a 9x12 baking dish. Dissolve kudzu in juice and water, heat and stir until thick. Add in vanilla then drizzle over apples, then add crumble topping on top. Bake at 350 for 30-40 min. until it bubbles.

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