

Recipe: Apple Crisp

May 2019

Ingredients (organic if possible):

- 2 cups apple juice
- 2 tablespoons kudzu (a natural thickening agent)
- 5 cups peeled sliced apples
- ½ teaspoon cinnamon
- 1 cup whole rolled oats
- 4 tablespoons oat flour
- 2 cups coarsely chopped mixed nuts (walnuts, pecans, almonds)
- 1 cup raisins
- ¼ teaspoon sea salt
- 6 tablespoons cold pressed sunflower oil
- 2 tablespoon rice syrup

Directions:

1. Preheat the oven to 350F. Oil and 8" baking pan and set aside
2. Dissolve the kudzu in some apple juice and place in a saucepan with the rest of the juice. Stirring slowly bring to a boil. It should become thick and translucent. Turn off the flame. Add the mixture and cinnamon and apples, too gently. Transfer to the prepared pan.
3. To make the topping, combine the oats, nuts, flour, raisins, and salt in a mixing bowl. Rub the oil into the mixture with your fingers, then drizzle the rice syrup while mixing with the fork.
4. Distribute evenly over the apple mixture.
5. Bake for 30-40 minutes or until the topping is golden and the apples are bubbling.

Enjoy!

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From the article "Wendy Steinbaum: Healthy Again in Action"

<https://www.focusforhealth.org/wendy-steinbaum-healthy-aging-in-action/>