

Gluten-Free Apple Crisp



This recipe is from my old Betty Crocker's Cookbook. This book was created to encourage Americans to use prepared foods in their diet. Remember ingredients like a can of Campbell's Cream of Mushroom Soup?! No worries here...I'm not using such ingredients with little to no nutritional value.

This time of the year, everyone seems to love a good apple crisp but the sugar and flour turn healthy into not. I've tweaked this recipe to make it nutritious and gluten-free. We've used it with both a mix of tart and sweet apples, with the peels left on. It doubles well too. Maybe you will love this recipe as much as I do...give it a try!

Ingredients

- 4 cups sliced tart apples (about 4 medium), peels on or off
- 2/3 cup of dark coconut sugar
- 1/2 cup almond or gluten-free flour of your choice
- 1/2 cup gluten-free oats
- 3/4 tsp ground cinnamon
- 3/4 tsp ground nutmeg
- 1/3 cup of butter from grass-fed cow, softened

Directions

1. Heat oven to 375 degrees F.
2. Arrange apples in greased, square 8 x 8 x 2 pan.
3. Mix remaining ingredients and sprinkle over apples.
4. Bake until top is golden brown tender apples, about 30 minutes.
5. Serve warm.

Adapted from Betty Crocker's Cookbook: New and Revised Edition (1980) for Simply Made Health, LLC.