

Apple Crisp Paleo and Vegan

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

Bottom

- 5 organic apples, pink lady or royal gala, thinly sliced
- 1/2 cup filtered water or apple juice
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg

topping

- 1.5 cups shredded coconut
- 1 cup walnuts
- 1 cup sunflower seeds
- 1 cup almonds
- 1 tbsp ground cinnamon
- 1 tsp ground nutmeg
- 1/4 cup maple syrup
- 1/4 cup melted coconut oil

Instructions:

1. Preheat oven to 350F (180C). Grease a large baking dish with coconut oil. I used an 8x10 ceramic baking dish. If you use a larger dish you'll have thinner layers and if you use a smaller dish, thicker layers. Either way, it still works!
2. Thinly slice the apples. If you're using organic, keep the peel on. Place apples into baking dish. Sprinkle with cinnamon and nutmeg. Add water or apple juice.
3. Now it's time to make the topping. In a small pot on the stove, melt the coconut oil remove from heat once melted. In a large mixing bowl add shredded coconut.
4. Now you'll need to finely chop the nuts and seeds or blitz them in a food processor. I use the food processor method because it's much quicker.
5. Add the nuts and seeds to the bowl of shredded coconut, the cinnamon and nutmeg and mix until combined. Add the coconut oil and maple syrup and stir together.
6. Spoon the topping mixture on top of the apples.
7. Bake in oven for 25-35 minutes. Check the topping at 20 minutes. If it looks like it's burning, place a sheet of tin foil on top.
8. The crisp is done when the apples are tender. Remove from oven and serve right away if you want it warm. Place a dollop of your favourite ice cream or yogurt on top.
9. Once crisp has cooled, place in fridge and keep for up to 1 week. Reheat for 10 minutes at 350F to enjoy leftovers.

Notes:

To make this recipe nut-free, simply omit almonds and walnuts and add pumpkin seeds instead. Update: I have increased the amount of water on the bottom to ensure the apples

stay nice and moist. Originally I had 1/4 cup and have since increased it 1/2 cup.