

Apple Pear Ginger Crisp

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

For the Topping

- 1.5 cups quinoa flakes (you could also use oat flakes or quick-cooking oats)
- 1 tbsp coconut sugar
- 1 tbsp ground cinnamon
- 1 tsp ground ginger
- 1/2 tsp ground nutmeg
- 1/4 cup chopped pecans
- 1/4 cup melted coconut oil
- 2 tbsp maple syrup

For the Filling

- 3 apples, washed, cored and thinly sliced
- 3 pear, washed, cored and thinly sliced
- 2 tbsp apple juice or water
- 1 tsp cinnamon
- 1 tbsp coconut sugar (optional)

Instructions:

1. Preheat oven to 350 degrees.
2. For the topping, combine quinoa flakes, coconut sugar, spices and pecans in a large bowl. Pour melted coconut oil over top and maple syrup. Mix together.
3. For the filling, in a large bowl combine the apples, pears, apple juice, cinnamon and coconut sugar.
4. Place the filling ingredients into a baking dish and then sprinkle the topping. Bake for 25-30 minutes. Let cool for 10 minutes and serve warm with some coconut ice cream!

Notes:

*Quinoa flakes have a very neutral flavour. They are a great source of iron. Here's the brand I used: Gogo Quinoa. They can be purchased at most health food stores or ordered online.