

Herbal Legacy Recipes

Apple Crisp

contributed by Traci from Thayne, WY

Ingredients:

- *4 large or 6 small apples, sliced into small chunks (peeling optional)
- *1/3 c honey + 2T, divided
- *2 T cinnamon, divided
- *1 c raw almonds, soaked 8-12 hours
- *1/2 c almond powder (see note)
- *3 T safflower oil, divided
- *Dash sea salt

Directions:

1. Preheat oven to 350.
2. Combine apples, 1/3 c honey and 1 T cinnamon, stir well and place in 9x13 baking dish. Drizzle with 1 T oil.
3. Dry soaked almonds with a kitchen towel and grind in a food processor until very fine.
4. Add remaining cinnamon, almond powder, 2 T oil, 2 T honey and salt to processor, pulse to mix, forming coarse crumbs.
5. Top apples with mixture.
6. Bake at 350 until topping begins to brown, about 10-15 minutes. Serve with Cashew Whipped Cream.

Note:

When I make almond milk, I strain off the pulp and dehydrate it until it is a powder and save it for baking.

Herbal Legacy Recipes

<http://www.herballegacy.com/Recipes.html>