

# Apple Crisp

Before starting this recipe, gather the ingredients and soak the nut & raisins in purified water. Prepare everything in a bowl and rinse the nuts and raisins just before using. That should be plenty of soaking time to get the enzyme inhibitors off the nuts, and soften the raisins.

**Equipment:** Food processor

## **Ingredients:**

### Filling:

7 Granny Smith apples, cored and diced

2 1/2 Tbl. lemon juice

2 1/2 Tbl. organic maple syrup

1/2 tsp. cinnamon

Mix together in a bowl and spread in an 8"x8" baking dish



### Topping:

1/2 c. raw walnuts or pecans, soaked & drained

1 c. buckwheat, soaked overnight and drained

1/2 c. raisins, soaked & drained

1/4 c. coconut oil

4 tsp. maple syrup

1 tsp. cinnamon

Dash nutmeg

1/2 tsp. Sea Salt

## **Instructions:**

1. Chop the nuts and raisins in a food processor until small chunks form. Add the rest of the ingredients except the buckwheat.
2. Transfer to the bowl you made the filling in, and mix in buckwheat by hand.
3. Sprinkle over the filling until covered.
4. Place pan in a dehydrator with the shelves taken out. Dehydrate at 105 degrees F. until warm, about 1-2 hrs. Serve immediately.
5. Serve from the pan warm with a little whipped cream on top for dessert or any other time.

(recipe for whipped cream in Wendy's Beautifully Raw recipe book)

Recipe by Wendy Thueson