

Aunty Kate's Grain-Free Apple Crisp



INSTRUCTIONS

1. Preheat the oven to 350 degrees.
2. Put your chopped apple into an oven safe dish.
3. Toss the nuts, shredded coconut, coconut sugar, and cinnamon together. Add the coconut oil and scrunch the mixture together with your hands, distributing the oil evenly.
4. Scatter the topping over the apples.
5. Drizzle the maple syrup over top.
6. Bake for 35 minutes, until the top is golden and the fruit beneath is bubbling.

Enjoy!

This recipe is gluten free, dairy free, vegan, egg free and refined sugar free.

INGREDIENTS

- 4 to 5 apples, a mixture of Granny Smith and Macintosh or your choice
- ½ cup of chopped nuts and seeds (I used a mix of pumpkin seeds, sunflower seeds, hickory nuts and walnuts) or your choice
- ½ cup of unsweetened shredded coconut
- ¼ cup of coconut sugar
- 2 tablespoons of maple syrup
- 3 tablespoons of coconut oil
- ½ teaspoons of cinnamon

This recipe is based on one I got from Sondi Bruner's website sondibruner.com and made it my own by using more Indigenous ingredients. Indigenous ingredients are pumpkin seeds, sunflower seeds, hickory nuts, walnuts, apples and maple syrup.

Kate Brant