



Apple Crumble



Bottom layer:

- ♥ 10 apples peeled and cubed (I love a mixture of Granny Smith and Gala)
- ♥ ½ cup raisins (unsweetened) - optional
- ♥ 1 tbsp. cinnamon

Crust/top layer:

- ♥ 1 cup raw walnuts
- ♥ 1 cup raw cashews
- ♥ 1 cup raw pecans
- ♥ 1 cup old fashioned oats
- ♥ ½ cup shredded unsweetened coconut
- ♥ 1 ½ tbsp. raw honey
- ♥ ½ tsp. vanilla extract
- ♥ 1 tbsp. cinnamon
- ♥ 2 tbsp. coconut oil

1. In the bottom of a Dutch oven, mix the cubed and peeled apples with cinnamon and raisins. It should cover about 2/3 of the pot.
 2. Preheat oven to 375 degrees.
 3. In a food processor blend all the crust's ingredients together.
 4. Top the apples with the nuts/oats mixture and press it down evenly. The honey and the coconut oil will give it enough moisture and stickiness to hold together.
 5. Cover.
 6. Bake for 45 minutes until apples are soft and moist.
 7. Remove the lid and leave in the heat of the oven (turn the oven off) for a few minutes to give the crust a golden color, if desired. Watch not to over bake.
- Serve with frozen cashew ice cream, drizzle heavy cream, or a scoop of crème fresh.
 - Refrigeration is not necessary.

Ella Hirsh
INHC, LMT, NCTMB

InnerMederi

Tel: 520-243-3833
email: ella@innermederi.com