

# Gluten Free Apple Crisp

*Recipe from the kitchen of Natural Solutions*

## Ingredients:

- 4-6 Apples, peeled and sliced \*
- 2 Tbsp. Quinoa Flour
- 3/4 cup Brown Sugar, not packed
- 2 cups Gluten Free Quick Oats \*
- 1/2 cup Butter, softened

## Optional ingredients:

- 1 tsp. Vanilla
- 1/2 tsp. Nutmeg
- 1/2 tsp. Cinnamon
- 1/2 c. Chopped Walnuts



## Directions:

1. Preheat oven to 375°F
2. Place enough Apple slices in baking dish to match top of dish (I prefer to use ceramic pie plate)
3. Sprinkle with Quinoa Flour and 1/4 cup brown sugar; gently mix and combine
4. In a medium size bowl combine Brown Sugar (1/2 cup), Oats (2 cups), Butter (1/2 cup) and any optional ingredients. Combine using fork until evenly mixed.
5. Gently spoon oat mixture on top of sliced apples.
6. Bake 45-50 minutes until bubbly and crisp starts to brown up.
7. Cool and enjoy alone or with your favorite topping (vanilla ice cream and / or whipped topping).

## \* Suggestions

**Apples:** I prefer to use Gala, Honey Crisp but any type or combination will do. Granny Smiths provide a tarter crisp, Golden Delicious a sweeter crisp.

**Fruit:** Keep the topping but substitute in any fruit, fresh or frozen. If using frozen berries, keep the Quinoa flour to help thicken the juices as they thaw. 1 standard bag of frozen fruit works great. Combine blueberries, raspberries and blackberries for a refreshing summer crisp.

**Oats:** another option is to combine Old Fashioned and Quick Oats

**Quinoa Flour** helps to thicken juices but can be omitted

**Alter the recipe** to suit your preferences – make it yours!

- More or less sugar
- A different type of sweetener – maple syrup, agave
- Cranberries - dried or fresh
- Add walnuts or almonds
- Almond extract instead vanilla extract