

## Shopping List

### Produce

5# Apples

### Bulk

All-purpose flour or GF flour blend

Oats (if not GF)

Cinnamon

Nutmeg

Brown sugar

Vanilla

Honey or agave

### Grocery

Bob's GF Oats (if you are preparing dish as GF)

### Dairy

Butter

Whipping cream or ice cream for topping



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**Apple Crisp**  
**(Gluten-free and Vegan options)**



# Apple Crisp

## INGREDIENTS

### Streusel Topping

- 1 c all-purpose or GF flour blend
- 1 c GF or regular rolled oats
- 1/2 t ground cinnamon
- 2/3 c packed brown sugar
- 8 T salted butter\*, melted and slightly cooled

### Apple Filling

- 5 # peeled, cored, and sliced apples (1/4" thick)
- 1 T butter\*
- 1 T honey\* or agave syrup
- 1 t vanilla
- 1/2 t cinnamon
- Large pinch ground nutmeg

Whipping cream or ice cream for topping

## INSTRUCTIONS

1. Preheat oven to 425° F.
2. Apple Filling: Heat butter over high heat in a heavy-bottomed saucepan large enough to hold all the apples (and still have room to stir them) until foaming subsides; Add the apples, honey/agave, vanilla, and spices, and stir to coat.
3. Reduce heat to medium-high and cook covered, stirring periodically, until apples become tender and the spices have bloomed, about 10 minutes. Taste the apples mid-way through to make sure that they are sweetened and spiced enough for your tastes.
4. Pour (mostly) cooked apples into a 9x13 baking dish and distribute evenly.
5. In a large bowl, combine the flour, oats, cinnamon, and brown sugar.
6. Slowly pour the melted butter over the flour/oats mixture and toss with a fork until evenly moistened and it has formed pea-sized chunks throughout the mixture.
7. Line a rimmed baking sheet with parchment paper and pour streusel evenly over it. Bake until golden brown, about 5 minutes.
8. Cool baking sheet on wire rack until the streusel is cool enough to handle.
9. Cover apple mixture with streusel mixture.

10. Bake for 10-15 minutes, until apples are all the way tender and they are bubbling, and the top is golden brown and crisp.
11. Serve warm in a bowl with ice cream, or cold on a plate with some whipped cream.

The method for the streusel is from Cook's Illustrated recipe for Quick Dutch Apple Crisp.

Apples: Ideally you want a mix of sweet and tart apples. Sometimes one apple will give that to you (like Pink Lady) and sometimes you may want to use a mix of apples (like Macintosh and Granny Smith). An apple parer/corer/slicer will get the job of preparing the apples done in a flash (compared to the alternative). You'd be surprised how much you will use it once you purchase one!

\* This can easily be made vegan if you substitute margarine for the butter and use agave syrup instead of honey.

