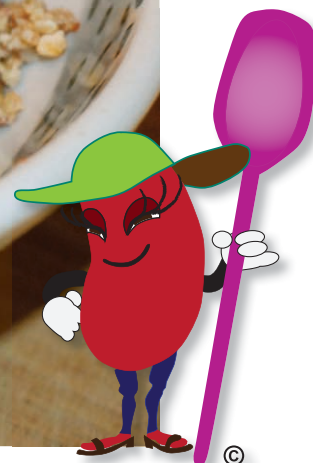


# Beans, Rice And Everything Nice

## Apple Crisp



*I have adapted this recipe from a recipe by Jennifer Raymond found on PCRM website*

*[beansriceeverythingnice.weebly.com](http://beansriceeverythingnice.weebly.com)*

### Ingredients

4 apples, washed, cored and sliced  
(about 4 cups of sliced apple)

1/2 cup raisins (optional)

juice of 1/2 a lemon,  
about 3 Tablespoons

1 Tablespoon maple syrup

1/2 teaspoon ground cinnamon

1/2 teaspoon ground cardamom

1 1/2 cups gluten-free oats

1/2 cup whole almonds

1/3 cup maple syrup

1 teaspoon vanilla extract

1. Preheat the oven to 175C / 350F. Thinly slice the apples and place them in 22 cm (9 inch) square baking pan. Add the raisins, cinnamon, cardamom, 1 Tablespoon maple syrup, and lemon juice. Toss to combine. Set aside while you prepare the topping.
2. In a food processor, grind the almonds to a coarse meal. Add the whole oats and pulse until the oats are chopped and evenly combined with the almond meal.
3. Add the oat-almond mixture to a bowl along with the 1/3 cup maple syrup and vanilla extract. Combine until all the ingredients are evenly moistened.
4. Spread the topping evenly over the apples. Bake in the oven for 25 - 35 minutes, until the apples are cooked through and the topping is crisp and golden brown.