

# A-peeling Apple Crisp

Southwest Edmonton Farmers' Market



Sour apples make THE BEST!!! apple crisps, so ask your favourite fruit vendor for an apple recommendation to use in this recipe. A crisp freezes well and is good hot or cold, so it makes a yummy, a-peeling school lunch treat.

## Ingredients

### Base

12 unpeeled apples (12 cups total), diced  
1 lemon (zest and juice)  
2 tbsp. sugar  
1/4 cup flour (or ground almonds)  
1 tsp. cinnamon

### Topping

1/2 cup brown sugar  
1/2 cup whole wheat flour (or ground almonds)  
1 cup oatmeal  
2 tsp. cinnamon  
1/2 cup butter, cut in 2 cm cubes

Leaving the skin on the apples not only saves you time, it also provides a lot of fibre. Most of the fibre in fruit is found in the skin (or peel). Fibre is food for the special bugs that live in your gut, also known as your "microbiome." These bugs help absorb nutrients from the food you eat, so keep them happy by eating fibre!



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## Market Shopping List

Go on a hunt through the market for the tartest, most sour apples you can find!!



Makes 12 servings



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Recipe created by Sheri Hendsbee

## Directions

First, make the BASE. Put your apple slices, lemon zest, lemon juice and the first portions of sugar, flour and cinnamon into a large casserole dish or a big lasagna pan. Give it a stir so all the apples are coated. Press it down hard with the back of a big spoon or a spatula to remove any air pockets.

Next, make your TOPPING. Whiz the second portions of flour, sugar and cinnamon with the oatmeal in a food processor. Plop in the butter cubes and pulse until you get a mixture of crumbs. (You can also do this by hand, rubbing the butter into the dry ingredients between your thumb and fingers.) Dump the topping on top of your apples and press the mixture with your hands to make an even, flat layer over top.

Cover the mixture with a lid or foil and bake 1 hour at 375F. Then remove the lid or foil and bake an extra 15 minutes.

Top with frozen yogurt for an extra special, a-peeling hot and cold dessert!

## Sprouting Chefs

You'll need a large casserole dish for this recipe. You make a TON, but it freezes well, so it's perfect for "batch cooking." Once the crisp is cooled, dish it into individually portioned containers and freeze.

### ALSO

Whole wheat flour is good for you, thanks to the fibre and healthy oils that are still in it. However, those oils can go bad (it's called going rancid). If your flour has a strong smell, it's "turned," so DO NOT use it!

## Creative Cooks

Crisps work well for just about any fruit. Try making this with a medley of fruits... sour cherries, berries, pears, peaches, apricots... and don't forget the weird and wonderful gooseberries and currants! Just aim for 12 cups of fruit in total, and always keep on the peels and skins.

**FUN FACT:** Did you know that "cinnamon" is really ground up tree bark!?! For real! Cinnamon trees love the tropics and grow in places like Sri Lanka, India, Brazil, Vietnam and China.