

# Gluten-Free Apple Crisp

## *Ingredients*

5-7 (depending on the size) organic (if possible) apples  
1 handful of organic raisins (optional)  
1/4 cup canola or coconut oil (might need less with Agave nectar)  
1/2 a cup Agave nectar  
1 heaping tsp. ground cinnamon  
1/2 heaping tsp. vanilla extract  
2 tsp. fresh lemon juice or orange extract/zest  
1/2 cup quinoa flakes  
1/2 cup gluten free oatmeal  
Pyrex casserole dish (10x13x3) or a dish close in size  
Canola oil cooking spray

## *Directions*

Preheat oven to 375 F.

Peel, core and slice the 5-7 organic apples. Grease the casserole dish with canola oil spray. Place the sliced apples in the casserole dish. Pour the lemon juice and vanilla extract over the sliced apples and mix it around for even distribution. Combine the 1/2 cup of Agave nectar, 1/2 cup of quinoa flakes, 1/2 cup of gluten free oatmeal and 1 heaping tsp. of cinnamon in a bowl. Add in handful of raisins, if desired. Slowly add in (cut) 1/3 cup of canola/coconut oil. Use a spoon or your hands to blend the mixture together to form a firm texture. Place the mixture over the sliced apples.

Bake in the oven for 45 minutes or until the topping looks crisp. Enjoy the apple crisp alone or with soy delicious fruit sweetened vanilla frozen dessert.