

Fresh Apple Crisp

ingredients

2 granny smith apples,
diced

½ C walnuts, broken
into pieces

1 C rolled oats*

½ C golden raisins

¼ C coconut oil

4 tsp. agave or honey

1 tsp. cinnamon

½ tsp. salt

2 drops clove essential
oil (optional)

directions

Toss apples with a little lemon juice to keep them from browning. Place into a small, pretty bowl. Mix the rest of the ingredients together. Put over the top of the apples or mix into them and eat right away.

note: use hulled buckwheat or oat groats if you need a gluten-free option. Both should be processed into a coarse powder before adding to the rest of the ingredients.



a gentler and happier approach to health