



Personal Apple Crisp



The comforting flavours of baked apples, caramel, and cinnamon come together for this perfect individual-sized dessert, great to make your guests feel extra-special.

Ingredients:

- 1 small or ½ large organic granny smith apple, cored and diced
 - 1 Tbsp. organic coconut sugar
 - 1 Tbsp. oats (use certified gluten-free oats for those with gluten issues)
 - 1 Tbsp. coconut oil
 - ½ Tbsp. coconut, almond, rice, or all-purpose GF baking flour
 - ½ tsp. cinnamon
 - Pinch sea salt
- 5-6 walnut or pecan halves, chopped (optional)

Preheat oven to 400°F.

Spread the diced apple on the bottom of an oven-safe ramekin or French onion soup bowl.

To make the topping, mix the remaining ingredients (except nuts) in a small bowl. Sprinkle the topping evenly over the apples, then sprinkle nut pieces on top.

Bake for 15-20 minutes until sugar melts and apple pieces are tender. Serve warm. Makes 1 generous serving. Optional: Top with a scoop of plant-based vanilla ice cream to serve à la mode, or drizzle with pure maple syrup.

Tip: If you choose to multiply this recipe to make it in one dish to serve many (e.g. 9"x9" baking pan for 8 guests), the overall baking time increases to about 30-40 minutes.

Prep time: 30 minutes (including baking time); can be assembled ahead of time to bake when needed

Like December 2013's Stuffing-Stuffed Acorn Squash, this recipe is excerpted from the Love Plants for Life: Plant-Based Holiday Solutions recipe e-book, available now through the holiday season! \$5 from every \$10 e-book sold is donated to the Ottawa Food Bank to help buy groceries for those in need.