

Raw Apple Crumble

Yield: 4 to 6 servings

Ingredients

Crumble topping:

½ cup walnuts
2 pitted Medjool dates
(or 4 Deglet Noor), chopped

Diced apple filling:

4 apples, peeled and diced
1 tablespoon lemon juice

Apple sauce (to be tossed with the diced apples):

2 apples, peeled and diced
(see notes)
2 tablespoons fresh lemon juice
5 pitted Medjool dates
(or 10 Deglet Noor), chopped
¼ cup raisins
¼ teaspoon cinnamon
¼ teaspoon ground nutmeg

Instructions

1. To make the crumble topping: Blend the walnuts and dates in a food processor to make crumbly nuggets similar in size to Grape Nuts cereal. Spoon into a small bowl and set aside.
2. To make the filling: Toss the 4 peeled, diced apples with 1 tablespoon of lemon juice, and set aside in a bowl.
3. Next, blend all of the sauce ingredients in the food processor: 2 apples, 2 tablespoons of lemon juice, plus the dates, raisins, cinnamon, and nutmeg. Toss this mixture with the sliced apples.
4. To serve, spoon into dessert dishes and sprinkle with the date-nut crumble topping.

Nutrition Information

Serving Size: 1 to 1 ½ cups

Calories: 173
Total Fat: 6.6 g
Saturated Fat: 0.6 g
Monounsaturated Fat: 0.8 g
Polyunsaturated Fat: 4.6 g
Sodium: 2.3 mg
Total Carbohydrate: 28.7 g
Dietary Fiber: 4.2 g
Sugars: 21.5 g
Protein: 2.2 g

Source: Forks Over Knives. Cathy Fisher

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