



**Touro College**  
**Project Aspire @ P.S. 197**  
**Healthy Cooking Lesson**  
*Sponsored by*  
The Palette Fund  
**and**  
**Natural Gourmet Institute®**

**HOLIDAY APPLE-CRANBERRY CRISP**

*Yield: up to 4 servings*



**Ingredients**

**Filling:**

2-3 large organic apples (Cortland or McIntosh), unpeeled, cored and sliced  
1 tablespoon maple syrup  
¼ teaspoon ground cinnamon  
½ cup fresh cranberries (or frozen)  
1 tablespoon whole wheat flour

**Crisp:**

½ cup rolled oats  
¼ cup whole wheat flour  
½ teaspoon ground cinnamon  
Pinch of sea salt  
¼ cup raw walnuts (or cashew), soaked in water  
¼ cup maple syrup  
2 tablespoons coconut oil or neutral flavor oil, like canola

**Directions**

1. Preheat oven at 350° F degrees
2. In a large bowl, combine, sliced apples, cranberries, cinnamon, and maple syrup. Fold in flour.
3. To make the topping, mix the oats, flour, cinnamon and salt.
4. Using a sieve rinse walnuts and rub them against the sieve to remove some of their papery skin.
5. Add to dry ingredients.
6. Add maple syrup and oil or butter. Mix well.
7. Place apple-cranberry filling in a baking dish. Press the crisp over fruit evenly.
8. Bake it covered for 30 minutes. Then uncovered for another 10 minutes. The apples should be soft and the top should look golden.

*Can be served with a dollop of yogurt.*