



Vegan Apple Crisp

Yield: 8 servings. Recipe from acouplecooks.com.

Ingredients

2 pounds sweet tart, crisp cooking apples, about 6 cups (4 large or 6 medium)
2 tablespoons lemon juice, plus 1 tsp lemon zest
1 tablespoon cornstarch
½ cup granulated sugar
2 teaspoons ground cinnamon
½ teaspoon ground ginger
½ teaspoon ground allspice
¾ cup all purpose flour (or almond flour)
¾ cup Old Fashioned rolled oats
½ cup packed brown sugar
¼ teaspoon kosher salt
1 teaspoon vanilla extract
8 tablespoons cold vegan butter (or refined coconut oil), cut into pieces

Nutritional info

Calories	507
Fat	16.6g
Sodium	74mg
Carbohydrate	89.6g
Sugars	32g
Protein	5g
Calcium	321mg
Iron	4mg
Potassium	520mg

Directions

1. Preheat the oven to 375°F.
2. Make the filling: Core, peel and thinly slice the apples. In a large bowl, combine the apples with the lemon juice, lemon zest, cornstarch, granulated sugar, 1 teaspoon of the cinnamon, the ginger, and allspice in a large bowl and toss until well coated. Pour it into a 9 x 9 inch baking dish or 7 x 11 inch baking dish.
3. In a separate bowl, make the crumble topping: stir together the flour, oats, brown sugar, 1 teaspoon of the cinnamon, and kosher salt. Add the vanilla and stir. Cut the butter into small pieces and add it to the bowl. Use a pastry cutter or fork to mix it into the dry ingredients until fully distributed and a crumbly dough forms. It may take a while, so be patient; mix until all butter chunks are incorporated.
4. Evenly distribute the crumble over the top of the apples, breaking the topping into small crumbles as you add it.
5. Bake for 45 to 50 minutes until browned and bubbly. Cool for 1 hour. Stores refrigerated for 3 days or freeze up to 3 months in a sealed container. Reheat it in a 350°F oven until bubbly and the topping is crisp.

NOTE: Avoid varieties like Gala, Fuji or Red Delicious: they don't perform well in crisps and crumbles. Here are a few of the varieties that shine in this vegan apple crisp recipe: Pink Lady, Honeycrisp, Golden Delicious, Granny Smith, Jonathan or Jonagold.