



Photo by MissMessie

Ingredients

Filling

- 10-12 large organic cooking apples, peeled and sliced (if you are in a hurry you can leave the peel on)
- Juice of one medium lemon
- 1/2 cup (125 mL) chopped fresh or frozen cranberries
- 1 tsp (5 mL) cinnamon

Topping

- 2 cups (500 mL) raw oats
- 1/2 cup (125 mL) whole wheat flour
- 1 tsp (5 mL) cinnamon

- 1/4 tsp (1 mL) nutmeg
- 1/4 cup (60 mL) sweetened coconut
- 1/8 cup (30 mL) freshly ground flax
- 1/4 cup (60 mL) chopped nuts (pecans are great)
- 1/2 cup (125 mL) honey or real maple syrup
- 1 cup (250 mL) organic fresh (not from concentrate) apple juice, to be poured over apples and topping

Instructions

1. Preheat oven to 350°F (180°C).
2. Mix together apples, lemon juice, cranberries, and cinnamon.
3. Put apple mixture into a deep 8 in × 8 in (20 cm × 20 cm) casserole dish.
4. Mix topping ingredients until well blended and spread on top of filling.
5. Pour apple juice over entire mixture and bake uncovered until apples are soft, for 45-60 minutes.
6. A mixture of apples, berries, pears, or peaches makes a very special variation for the filling.

Makes 6 servings.