



AUTUMN FRUIT CRISP

3lbs of firm apples, very ripe pears

1 cup blueberries or blackberries

2 teaspoons cinnamon

1 teaspoon vanilla extract

2 tablespoons granulated tapioca

1 teaspoon fresh squeezed lemon juice

1 teaspoon agave nectar

topping: 1 scant cup each of:

rolled oats

walnut pieces

spelt flour

½ teaspoon sea salt

1 teaspoon cinnamon

2 dates, torn in pieces

2 tablespoons soy milk

2 tablespoons Earth Balance Buttery Spread

Directions: Preheat oven to 350.

Core, quarter, and coarsely chop the apples or pears (or combination), and toss with the berries, cinnamon, vanilla, granulated tapioca, lemon juice, and agave nectar.

In a food processor, pulse the oats, walnuts, flour, salt, cinnamon, and dates until it resembles rough meal. Add soy milk and Earth Balance and pulse a few times, adding a little more flour if necessary to make the mixture easier to handle.

Place the fruit in a 9 x 13 glass baking dish – there should be enough to amply cover the bottom, turn the topping out of the food processor onto the fruit, spreading with your fingers, sealing up any holes if possible. The topping should be at least ½ inches thick.

Place in upper third of oven, set the timer for 20 minutes. If the top is getting too browned, cover with foil, and bake another 20 minutes. The fruit should be soft and cooked through, and the tapioca will have given it a nice thick consistency. Remove from oven and allow to cool on a rack.
Fine to serve warm.

*Joyful cooking.
Healthy eating.*

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