

Gluten-Free, Dairy-Free Cranberry Apple Crisp

Description

Cranberries and apples pair perfectly in this delicious, old-fashioned recipe by cookbook author Cybele Pascal. Honey, fruity and simple to make, it's the ideal dessert for an autumn day.

Summary

Yield: 6

Source:

www.livingwithout.com

Prep Time: 30 minutes

Category: Desserts

Ingredients

- 6 firm, tart apples (like Granny Smith)
- 1 tsp cinnamon, divided
- 1 cup brown sugar, divided
- 2 tbsp cornstarch
- 1 1/2 cups [whole berry cranberry sauce](#)
- 1 1/4 cups gluten-free All-Purpose Flour Blend of choice
- 1/4 tsp xanthan gum
- 1/8 tsp salt
- 1 cup gluten-free old-fashioned oats or quinoa flakes
- 1/2 - 3/4 cup dairy-free, soy-free vegetable shortening

Instructions

1. Preheat oven to 350°F. Grease a 7 x 11 -inch pan or an 8 or 9-inch square baking dish.
2. Peel, core and slice apples into 1/4 inch-thick slices. Toss with 1/2 teaspoon cinnamon, 1/4 cup brown sugar and cornstarch. Transfer to prepared baking dish.

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3. Spread cranberry sauce evenly over top of apples.
4. Measure flour by spooning it into a dry measuring cup, leveling it with a straightedge or back of a knife and then pouring it into a mixing bowl. Add xanthan gum, salt, oats, the remaining 3/4 cup brown sugar and remaining 1/2 teaspoon cinnamon. Mix to combine.
5. Melt shortening (30-60 seconds in the microwave usually does it). Drizzle it into the flour mixture, a little at a time, tossing until you have a large crumb. Spread crumb evenly over top of fruit. Use your fingers to clump it together as necessary.
6. Place in preheated oven and bake 40 minutes until top is golden brown and filling is bubbling up around edges. Let rest about 30 minutes before serving.

Notes

Tip: For a slightly drier crumb topping (and for those watching calories), use 1/2 cup shortening. For a "buttery" crumb topping, use 3/4 cup shortening.

Each serving contains 693 calories, 19g total fat, 4g saturated fat, 0g trans fat, 0mg cholesterol, 82mg sodium, 130g carbohydrate, 5g fiber, 4g protein.