



Vegan Apple Crisp

This gluten-free and vegan cardamom apple crisp is so simple and easy to make; you'll want to put it on your regular recipe rotation! Just 12 wholesome ingredients, including coconut oil instead of butter and maple sugar instead of white sugar. It's even paleo-friendly, too! Recipe and Photo created by [Pickles & Honey](#).

Yield: 8 servings

Ingredients

- 8 small apples, unpeeled, cored and chopped
- zest and juice of 1 small lemon
- ¾ cup dried cranberries
- 1 cup old-fashioned rolled certified gluten-free oats
- ½ cup [Pamela's Nut Flour Blend](#)
- ⅓ cup chopped pecans
- ⅓ cup chopped walnuts
- ½ cup maple sugar
- 1½ teaspoons ground cinnamon
- 1 teaspoon ground cardamom
- ½ teaspoon fine sea salt
- ⅓ cup unrefined, solid coconut oil, plus more for greasing the pan
- vegan vanilla ice cream, for serving (optional)

Directions

Preheat the oven to 375° F. Lightly grease an 8x12 inch (approximately 2-3 quart) baking dish. In a large mixing bowl, toss the chopped apples with the lemon zest, lemon juice, and dried cranberries. Set aside.

In a medium bowl, stir together the oats, nut flour, pecans, walnuts, sugar, cinnamon, cardamom, and salt. Using your hands, pinch the coconut oil into the crumble mixture until well combined (the remaining coconut oil pieces should be pea-sized or smaller). Add half of the mixture to the bowl of apples and stir to combine. Transfer the apples to the baking dish and spread into an even layer. Sprinkle the remaining crumble mixture on top.

Bake for 35 minutes, or until the apples are soft. Let cool for 10 minutes. Serve with a scoop of vegan ice cream.

NOTES:

Feel free to use your favorite apples. I used a combination of Gala and Fuji, but Pink Lady, Cortland, Honey Crisp, etc would all be wonderful. If you use Granny Smith, the crisp will be more tart, so I would recommend a 50/50 mix with a sweeter apple variety.

Coconut sugar or brown sugar will work in place of the maple sugar.