

This is a dessert recipe with mainly wholefood ingredients. It typically takes around 20 minutes to make.

Ingredients

Topping:

1 Cup Walnuts

¼ Cup coconut palm sugar

¼ Cup raisins

¼ Cup dates

Pinch of salt

½ Cup rolled oats

Filling:

2 tbsp agave nectar / coconut blossom nectar

1-2 tbsp lemon juice

¼ tsp cinnamon

2-3 apples peeled, cored and thinly sliced

Method

Topping:

In a food processor combine the walnuts with the palm sugar until you have a coarse meal. Add raisins, dates and salt and process again until the mixture starts to stick together (but be careful not to over-process). In a bowl, combine the topping mixture with the rolled oats.

Filling:

Combine all the filling ingredients in a small bowl, adding the apples last and thoroughly covering in the syrup.

Assembly

Sprinkle half of the 'topping' mixture on the bottom of a shallow baking dish. Cover this layer with the apple mixture, then sprinkle with the remaining topping.