

Apple Pear Crisp

Swick

Makes 1 | Active Time: 1 hour 5 minutes | Total Time:

Chef's Notes

The serving size is 1/4 (2-quart) dish, so enjoy throughout the week as a snack or dessert.

RECIPE TIPS

Apple Juice: Feel free to use apple cider.

Dates: There are many varieties of fruits from date palm trees. Medjool dates are larger and sweeter than many of their cousins. Be sure to remove any pits from your dates before blending or serving.

Pure Maple Syrup: Maple syrup is boiled down sap from the maple tree. Make sure to purchase "pure maple syrup" (not "pancake syrup," "table syrup," or "maple-flavored syrup," or even just "maple syrup," as they contain artificial maple flavor and cane sugar or corn syrup).

Step 1: Make the Crisp

- 2 apples peeled & sliced (≈11 oz)
- 2 pears peeled & sliced (≈1 lb)
- 1/4 cup dates, chopped
- 1/2 cup apple juice (see tip)
- 2 teaspoons cornstarch
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- FOR THE TOPPING
- 3/4 cup rolled oats
- 2 tablespoons quinoa, rinsed & drained
- 2 tablespoons pure maple syrup
- 1 tablespoon apple juice (see tip)
- 1 dash sea salt

Preheat the oven to 350°F.

Place apples, pears, and dates in a 2-quart baking dish.

PREPARE WET INGREDIENTS

In a small bowl, combine 1/2 cup apple juice, cornstarch, cinnamon, ginger, and 1/4 cup water. Pour over fruit and gently toss.

PREPARE TOPPING

In a medium bowl, mix oats, quinoa, maple syrup, 1 tablespoon apple juice, and salt.

BAKE CRISP

Sprinkle topping over fruit. Bake until fruit is tender and topping is lightly browned, about 45 minutes.

COOL & SERVE

Transfer to a wire rack to let cool slightly. Serve warm.