

Apple Crisp

INGREDIENTS:

6 Granny Smith apples, peeled, cored and sliced
Juice of 1/2 a lemon
1/4 cup plus two tablespoons sugar
1 1/2 teaspoons cinnamon
2 tablespoons flour
2 tablespoons cold vegan butter, cut into small pieces

Crumb Topping:

1 cup of Old Fashioned Quaker Oats, lightly ground
1/4 cup plus two tablespoons brown sugar
3 tablespoons flour
2 tablespoons cold vegan butter
1/2 cup chopped walnuts, finely chopped

Non-Dairy Whipped Cream or Ice Cream (optional)

DIRECTIONS:

Preheat the oven to 375 degrees.

Place the sliced apples in a large mixing bowl, pour the lemon juice over them and stir to coat evenly.

Combine the flour, sugar and cinnamon in a small mixing bowl. Add the cold vegan butter. Use a pastry blender or fork to combine the butter with the flour mixture until it resembles small crumbs.

Pour the flour mixture over the apples and stir well. Transfer the mixture into a 9 x 13 inch baking dish or into individual ramekins.

Place the oats in the jar of a blender or food processor and pulse them briefly. Transfer the oats into the same small mixing bowl. Add the brown sugar, flour, and butter, use a pastry blender or fork to cut the butter into the mixture. Stir in the chopped nuts.

Sprinkle the topping over the apples. Bake for 45 minutes or until the top is lightly browned and the apples are soft. Serve with vegan vanilla ice cream or non-dairy whipped cream.



Apple Cheddar Kale Salad

- 1 bunch organic curly kale
- 1 bunch organic Lacinato kale
- 1 5 oz. package of baby spinach
- 6 Brussels sprouts, sliced thin
- 1 7 oz. package Violife Mature Cheddar Slices
- 2 organic Gala or Pink Lady Apples
- 3/4 cup glazed pecans
- 1/2 cup dried cherries (or chopped figs, or cranberries or golden raisins)
- 3 cups cooked barley, farro, or wild rice (optional)
- 1/4 purple onion, sliced thin (optional)
- 1 bottle of Ready-Made Salad Dressing (try a fruity balsamic fig or cherry, or a vegan ranch)



Wash and drain both bunches of kale, blot them with paper towels to remove any excess water. Remove the stems and slice the leaves into quarter inch strips, place them in a large salad bowl. Add the baby spinach and toss to combine. Wash, core, and slice the apples thinly. Leave the slices whole or cut them into thirds and add toss them into the salad.

Use five to six slices of the cheddar cheese. Cut them into 1/2" strips or use a cany cutter and cut them into shapes, finely chop any remaining pieces. Add the glazed pecans, dried fruit, and optional purple onion, and any remaining finely chopped cheddar.

Toss and serve chilled with dressing and freshly ground black pepper to taste. This salad is great light first-course, or you can make it an entrée salad by adding 3 cups of pre-cooked and chilled grains. Leftover salad can be stored covered in the refrigerator for two to three days and makes a great filling for wraps. Reserve the dressing until ready to serve.

