

## **Kitchen Therapy**

### **After School Snack Class**

#### **Apple Oatmeal Crisp**

Serves 6

1/2 c dark brown sugar  
1/2 cup certified gluten free oats  
1/2 cup sorghum flour  
1/2 cup nuts, optional  
1/4 cup oil  
½ to 1 teaspoon cinnamon, optional  
6 cups peeled, seeded, and sliced apples

Preheat oven to 350-degrees.

In a small bowl, thoroughly mix sugar, oatmeal, sorghum flour, nuts, oil, and cinnamon.

Grease an 8x8 or 9x9 inch oven safe, glass or ceramic pan. Put apple slices in the bottom, and the topping on top.

Bake for 45 to 60 minutes.

Notes: Quinoa flakes work well in place of gluten free oatmeal.

Any whole grain flour works well. Amaranth, millet, and quinoa flours are light colored. Buckwheat, Montina, and teff are dark colored. Sorghum and teff are my favorites.

Simply omit nuts if you are allergic.

Double the oil if you want more calories and want to gain weight.

Click on the links below for more information.

Apple nutrition

<http://whfoods.com/genpage.php?tname=foodspice&dbid=15#descr>

Apples varieties

<http://www.allaboutapples.com/varieties/#j>

Antioxidants in sweeteners

<http://blog.kitchentherapy.us/2009/08/antioxidants-in-sweeteners/>

Gluten free oats

[http://www.diet.com/dietblogs/read\\_blog.php?title=Finding+Gluten-Free+Oats&blid=13541](http://www.diet.com/dietblogs/read_blog.php?title=Finding+Gluten-Free+Oats&blid=13541)

Palm sugar

<http://just-making-noise.blogspot.com/2009/08/sweet-wholesome-wednesday-coconut-palm.html>

Environmental Working Groups Dirty Dozen, the fruits and veggies most likely to have pesticide residues.

<http://www.foodnews.org/walletguide.php>

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[www.kitchentherapy.us](http://www.kitchentherapy.us)

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