

Village Health Clinic

RECIPES

APPLE CRISP

- * 6 cups sliced apples
- * 1/2 cup brown sugar or maple syrup
- * 1 cup Earth' Balance buttery spread (non-hydrogenated omega-3 oils)
- * 1 cup spelt or oat flour
- * 2 cups oats
- * 1/2 cup flaxseed meal
- * 1/4 cup pecans
- * 2 tsp. cinnamon, 1 tsp. nutmeg

Put apples in greased 9x13 baking dish. Sprinkle 1 tsp. of cinnamon over apples. Mix sugar, butter, oats, and flour until crumbly. Spread mixture to cover the bottom of baking dish, add apples, and top remainder of crumble mixture over apples. Bake uncovered, at 375 degrees for 30-40 minutes. Serve warm with whipped banana-tofu topping (below), whipped soy creamer, or soy/rice ice cream.

WHIPPED BANANA-TOFU TOPPING

- * 1 package dessert-tofu or extra soft tofu
- * 1-2 ripe bananas
- * 1 tsp vanilla
- * tapioca flour – to thicken

Use blender or mixer to blend ingredients together to make a smooth, creamy topping. Add enough tapioca flour to thicken to desired consistency. May require 5-10 minutes of consistent mixing

WHIPPED SOY CREAMER

- 1 container Silk soy creamer
- 1/2 – 1 cup icing sugar

Whip together as you would heavy whipping cream & icing sugar to make soy whipped cream.