

Apple Cobbler

from Vital Creations by Chad Sarno

4 apples - 3 sliced thin, 1 chopped
1/2 c raisins soaked 2-4 hours
T cinnamon
1/2 T lemon juice
t nutmeg
1/2 t sea salt
2c pecans
1c pitted dates



In a high speed blender, blend 1 chopped apple, soaked raisins, cinnamon, lemon juice, nutmeg and sea salt until smooth. Pour sauce over thinly slices apples and toss well. Continue by spreading an even layer of apple mixture in a medium sized lasagna pan, set aside. Next, in a food processor pulse the pecans until finely ground then add the dates and continue to grind until evenly mixed. Crumble an even layer of pecan mixture over apples. Dehydrate the whole pan at 110°F for 2-4 hours.

Delicious served warm with Coconut Cream.

Coconut Cream recipe can be found in Select Recipes.

Variations - Try other variations with peaches or pears, omitting the apples.

Note - We've found that this recipe is also delicious without dehydrating. You can eat it right away, or let it set and marinate for a few hours so the apples really absorb the flavors. Also, we like to add a few handfuls of whole raisins to the apple mixture before tossing.

Complements of Spirit Touch Living Light Center

<http://www.spiritouch.com>