

Yummy Apple Cobbler

All I can say to this recipe is WOW! If you are trying to make a really great impression of raw food with some non-raw friends or family, you should definitely serve this. It is as simple as it is delicious.

Serves 6-8

Pie Filling Ingredients:

5 medium apples
1/2 C raisins soaked in water for 2-4 hours
1/2 t ground cinnamon
juice of half a lemon
2 T honey
1 t vanilla
1/2 t ground nutmeg
1/2 t sea salt

Cobbler Topping Ingredients:

1 1/2 C pecans, not soaked
3/4 C dates, pitted and not soaked
1/2 t sea salt



Preparation:

Peel and chop one of the apples. Place it along with the drained raisins, cinnamon, lemon juice, honey, vanilla, nutmeg and salt in a food processor or high-speed blender. Puree until completely smooth and creamy. Set aside.

Peel, core and slice thin remaining apples. Place slices in a large bowl and gently toss with pureed mix. Place in a medium-sized glass or ceramic dish.

For the topping, 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 the pecan mixture over the apples.

Place your pan in the dehydrator at 115 degrees for about 4 hours. Serve with coconut cream or as-is warm from the dehydrator. This dish only gets better after a day or so, that is, if you have any left after the first serving.

This recipe is from The Raw Table

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