

# Spelt and Oat Apple Crisp

Here's a recipe for apple crisp that takes advantage of flavorful spelt and oat grains. The apple base is tart and delicious, and the streusel topping has a lovely contrasting texture, plus extra fiber, nutrients, and nutty flavor.

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<b>Servings</b>	6
<b>Prep Time</b>	45 minutes
<b>Cook Time</b>	50 minutes
<b>Total Time</b>	1 hour, 35 minutes

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## Ingredients

### Apple Base

- 6 cups of peeled, chopped apples (about 6 apples)
- 1/4 cup brown sugar (50 grams)
- 1 Tbsp lemon juice (15 grams)
- 1 tsp ground cinnamon (3 grams)

### Streusel Topping

- 3/4 cup flaked or milled [oat groats](#) i.e. rolled oats or oat flour (90 grams)
- 3/4 cup flaked or milled [spelt berries](#) i.e. spelt flakes or spelt flour (90 grams)  
*Aim for 90 grams flour and 90 grams flakes of any combination of spelt and oats. My flour and my flakes were both half spelt and half oat.*
- 1/2 cup brown sugar (100 grams)
- 1 tsp ground cinnamon (3 grams)
- 1/4 tsp salt
- 1/2 cup unsalted butter, chilled and cubed (114 grams)

## Instructions

Grease a deep 8 x 8 inch baking dish that is at least 2.25 inches deep. If you use a 9 x 9 inch dish, it can be shallower.

Peel and slice about six apples, roughly six cups chopped.

In a bowl, toss the apple pieces with brown sugar, cinnamon, and lemon juice. Transfer the mixture to the baking dish and set aside.

Begin preheating your oven to 350F.

Combine the flaked grains with the flour, brown sugar, cinnamon, and salt in a large bowl.

Cut the butter into the dry mixture with a pastry blender, two forks, or your fingers.

Spread this topping evenly over the apples.

Bake for 50 minutes or until liquid bubbles through the topping. The topping layer is fairly thick, so you may need to poke some holes in it toward the end of the baking to see the bubbling come through.

Let the apple crisp cool for about 10 minutes and serve with vanilla ice cream or whipped cream.