

Peach (or Apple) Crisp- Adaptable for Gluten-Free



This recipe is easy to make and you can use a variety of fruits. The recipe also works well with blackberries (consider granulated sugar instead of brown sugar) and cherries. Adjust your spices and sugar to your taste and the natural flavors and sweetness of the fruit. Don't be afraid to play with the ingredients in the filling. I find that the natural sugar in cooked fruit allows me to use half the sugar in most recipes. The dessert is still sweet enough and you taste the fruit flavors much more.

Filling

3-4 cups peaches, peeled and pitted or 3-4 cups apples, peeled and cored

2 teaspoons cinnamon

½ teaspoon powdered ginger

½ teaspoon nutmeg

1/8 teaspoon ground cloves

1/3 cup (light or dark) brown sugar, packed

2 tablespoons cornstarch or all-purpose flour

IF USING APPLES, YOU CAN ADD RAISINS OR DRIED CRANBERRIES

Crumble Top

3/4 cup sliced almonds (you can also pulse them in a food processor for a few seconds for a more subtle taste and texture or omit them completely)

½ cup all-purpose flour (or 1/3 cup= 50 grams of Gluten-Free Flour substitute, such as Namaste Flour Blend)

½ cup oats

1/4 cup light brown sugar, packed

1/4 cup granulated sugar

1/2 teaspoon cinnamon

1/4 teaspoon nutmeg

3/4 teaspoon salt

1/4 cup (1/2 stick) unsalted butter, at room temperature, cut into 1/2-inch chunks

Preheat oven to 375 degrees.

In a medium bowl, combine peaches or apples, cinnamon, ginger, nutmeg, cloves, brown sugar and cornstarch. Pour the filling into a 9-by-9-inch baking pan.

In a small bowl, combine sliced almonds, flour, sugars, cinnamon, nutmeg and salt. Stir in the butter and use your hands to form small clumps with the dry ingredients. Scatter crumble topping over the top of the filling.

Bake 40-45 minutes, until the topping is golden brown and the filling is bubbling. Let cool and serve still warm.