

Butterless Apple Crisp

A lactose-free delight that's just as crunchy, sweet and satisfying as the original.

Ingredients

Serves 8-10

- ¾ cup [100 g] unbleached all-purpose flour
- 1 cup [100 g] rolled oats
- ¼ cup [50 g] brown sugar
- ¼ cup [50 g] unrefined blond cane sugar
- ½ tsp [5 ml] salt
- ¼ tsp [5 ml] ground allspice
- 1/3 cup [80 ml] organic vegetable oil (you can use any smooth-tasting oils like canola, sunflower, peanut or coconut)

- 3 1/3 lb [1.5 kg] apples, a mix of varieties, some that keep their shape when cooked, some that don't (about 8 apples)

- ¼ cup [60 ml] maple syrup



Method

Make the crumble topping up to a day in advance: in a medium mixing bowl, combine all the ingredients from flour to oil, and stir well with a fork to combine, making sure all of the dry ingredients are moistened by the oil. If making in advance, transfer to an airtight container and keep in the fridge.

On the day of serving, preheat the oven to 350°F (175°C). Peel the apples in alternating vertical stripes so that you retain some, but not all of the peel. Quarter and core the apples, then cut into smallish chunks. In a large bowl, mix the apples with the maple syrup.

Arrange the apple chunks over the bottom of a 10" [25-cm] square baking dish and sprinkle evenly with the topping. Insert in the oven and bake for about 40 minutes, until the apples are tender and the topping golden brown, checking regularly to make sure it doesn't darken too much (if it does, cover loosely with a piece of parchment paper).

Serve slightly warm or at room temperature. You can bake the crumble a few hours in advance, and reheat slightly before serving. The leftovers are fantastic straight out of the fridge the next day.

Tips

- Substituting half of the vegetable oil for a nut oil like walnut or hazelnut is absolutely delicious.
- Substituting half (or all) of the apples for pears is a very nice variation.