

Apple Crisp – Gluten Free

4 c. apples (approx. 4-6 apples, depending on size)

1/2 cup gluten-free multi-purpose flour (I use King Arthur brand)

1/2 cup gluten-free oats (I use Bob's Red Mill)

1/3 cup brown sugar (packed)

1/4 tsp. cinnamon

1/4 tsp. nutmeg

1/2 tsp. xanthan gum

1/4 cup butter

1. Wash, peel, and cut apples into small pieces.
 2. Mix together flour, oats, sugar, spices, and xanthan gum.
 3. Cut butter into dry ingredients with a pastry blender until butter is thoroughly mixed in.
 4. Grease a 9 x 9 pan and pour in apples. Cover with topping.
 5. Cook at 375 degrees for 25-30 minutes. [Carolyn's Recipe]
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Sweet & Sour Red Cabbage

1/2 red cabbage

1 cup apple juice

1 Tbl. apple cider vinegar

2 Tbl. brown sugar

1/2 apple, diced and peeled

1/4 tsp. salt

Dash nutmeg, cinnamon, pepper and onion powder.

Cook on low for 30 min. [Carolyn's recipe.]