

## Ayurvedic Inspired Apple Crisp

Betty Brown, CAS

Apples have an astringent, sour and sweet taste, balancing pitta and kapha doshas. This recipe with cooked apples, oats, ghee and spices balance vata, pitta, and kapha doshas.

### Ingredients:

#### Filling:

8 small apples, or 4 medium-large apples  
2 teaspoon Ayurvedic Sweet Spice Blend (see recipe below)  
2 teaspoon ground cinnamon  
1 teaspoon ghee  
1 teaspoon pure vanilla extract

#### Topping:

2 cups organic fashioned rolled oats  
3 tablespoons ghee, melted  
1 teaspoon Ayurvedic Sweet Spice Blend  
2 teaspoon ground cinnamon  
Pinch of Himalayan mineral salt  
1 1/2 teaspoons pure vanilla extract  
 $\frac{1}{4}$  cup coconut sugar (optional)

### Directions:

Pre-heat oven to 375degrees

#### Filling:

- Wash apples, core and slice the apples into 1/8 inch slices.
- In a medium bowl, add ghee, 1 teaspoon Ayurvedic Sweet Spice Blend, and  $\frac{1}{4}$  of the sliced apples. Mix thoroughly.
- Add more of the sliced apples, sprinkle with  $\frac{1}{2}$  teaspoon of Ayurvedic Sweet Spice Blend,  $\frac{1}{2}$  teaspoon cinnamon, mix.
- Repeat until all the apple slices and spices have been mixed in the bowl. Then add vanilla extract and mix.
- Place apple mixture in a 9x 9 baking dish. Set aside.

#### Topping:

- Combine all topping ingredients and mix thoroughly.
- Spread the topping over the apple mixture.
- Cover with foil or another baking dish, and bake for 40 minutes, then uncover and bake for an additional 10-15 minutes until topping is golden brown.
- Let it sit for 5 minutes. Serve warm.

Serve with whipped coconut cream or whipped cream for an extra treat.

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## Ayurvedic Sweet Spice Blend Recipe

1 Tablespoon Ginger powder  
4 Tablespoon Cinnamon powder  
3 Tablespoon Cardamom Powder  
1 Tablespoon Nutmeg, freshly grated  
½ teaspoon All Spice powder

Mix all ingredients. Place in an airtight container. Store spices in a dark dry area such as a cabinet to extend shelf life.

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