



Wild Apple Crunch

Ingredients:

6 apples, peeled and sliced
3/4 cup chopped walnuts
6 regular or 3 medjool dates, pitted and chopped
1/2 cup raisins or currants
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1 cup orange juice

Instructions:

Preheat oven to 375 degrees F.

Combine all ingredients except the orange juice. Place in a baking pan and drizzle the orange juice on top.

Cover and bake at 375 degrees for about one hour until all ingredients are soft, stirring occasionally.

Note: You can also simmer this in a covered pot for 30 minutes on top of the stove, stirring occasionally.

Nutritional Information:

- **Servings: 8**
- Calories: 197 kcal
- Fat: 7.5 g
- Saturated Fat: 0.7 g
- Cholesterol: 0 mg
- Sodium: 3 mg
- Carbohydrates: 38 g
- Fiber: 5.1 g
- Protein: 3 g