



Cranberry Apple Casserole

- 1 cup whole cranberries
- 1 ½ cups un-peeled apples, chopped
- ¾ cup maple sugar
- ½ cup chopped nuts
- ½ cup muscavado or coconut sap sugar
- 2/3 cup sprouted wheat or barley flour
- ½ cup sprouted rolled oats
- ½ cup raw or organic butter, softened

Combine cranberries, apples and maple sugar in an ovenproof baking dish. Mix nuts, muscavado sugar, butter and rolled oats with flour (will be like a moist paste. Add 1 tablespoon of water if needed) and pat on top of cranberry/apple mixture. Bake at 350 degrees for 45 minutes or until browned and bubbly.