

Apple Almond Crisp

INSTRUCTOR: Ms Gerri

Volunteer: Ms Kim

Adams School Thursday Grades 4-6



SKILLS LEARNED

- Knife Skills
- Measuring
- Baking

LESSONS LEARNED

- Balanced Breakfast
- All about Apples, Oats, Chia seeds, flax seeds and cinnamon
- Benefits of minimal Pesticides – The Dirty Dozen concept
- Time permitting: True Cost of Food – the Beginning

EQUIPMENT

- Measuring cups, spoons
- 11 mini loaf pans
- 11 small bowls - Gerri
- Citrus press
- Oven

INGREDIENTS (per mini loaf pan)

Apples

- 1 small to medium apple sliced in half to see the star and cut in bite sized pieces
- 1 Tablespoon Maple Syrup
- 1 Tablespoon Butter
- 1 Teaspoon Lemon Juice (about ¼ lemon)
- ¼ Teaspoon cinnamon (sprinkle)

Communal Topping for all apples for all students:

- 1 ¼ cups oats
- 1 cup almond flour, wheat flour or combination
- 1 cup oat mixture (oats, grains, seeds, nuts)
- ¼ cup shredded coconut
- 1 cup brown sugar or less depending upon your sweet preference
- 1/2 cup (1 stick) unsalted butter - may be able to use 1/3 cup
- 1/2 cup walnuts, roughly chopped or almonds

INSTRUCTIONS

1. Each student to slice their apples into bite sized pieces
2. Layer apples in mini loaf pan

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3. Measure and mix together maple syrup, butter, lemon juice and cinnamon
4. Stir the maple syrup mixture with the apples
5. Gerri to demonstrate how to chop walnuts.
6. In large bowl, take turns measuring and mixing oats, almond flour, oat mixture, coconut brown sugar, butter and walnuts
7. Each student to top $\frac{1}{4}$ cup mixture on to their apples in the loaf pan
8. Cover with aluminum foil to take home.